

Patient information

Hip Joint Replacement Exercises

Therapies Department



Lie flat on your back with a sliding board under your leg. Tighten your thigh and push knee downwards towards the bed, hold for ten seconds then relax.

Repeat.....times.



Roll up a towel and place it under your knee on the same side as your operated hip. Keeping your knee on the towel lift up your lower leg until your knee is fully straight.

Hold for ten seconds then slowly return to the start position.



Repeat.....times.

Lie on your back. Clench your buttock/gluteal muscles gently and hold for a count of ten seconds.

Repeat.....times.



Lie flat on your back with a sliding board under your leg. Slowly bend and straighten your leg by sliding your foot up and down the board.

Repeat.....times.



Lie flat on your back with a sliding board under your leg. Slide your leg out to the side and then back to mid-line position. Ensure your toes are pointing towards the ceiling throughout the exercise.

Repeat.....times.



Stand with your legs apart and feet parallel. Place your hands on a worktop or the back of a stable chair. Transfer your weight from one leg to the other. Try to keep your shoulders level and in line with your hips.

Repeat.....times.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

Please discuss with your physiotherapist.

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