

# Hip Replacement Rehabilitation Phase 2

## YOUR REHABILITATION PROGRAMME

This programme has specific exercises for hip replacement rehabilitation. Remember the key is to strengthen your entire lower leg and improve mobility in your hip. It is important to ensure the exercises are performed with good technique and good postural control. Make sure you are pain-free and take care not to progress too quickly. Remember everyone is different, so your therapist may give guidance that is more specific to you. Once you are coping with these exercises your therapist may change, add or replace some to progress you to being more functional and independent.

### Inner Range Quadriceps Lying

Lie flat on your back, and place a rolled-up towel under the knee of your affected leg. Tighten your thigh (quadriceps) muscle and lift your heel. You should be pressing your knee against the towel. As your leg straightens, it does not fully lift off the floor (only your foot lifts off the floor). Slowly return to the start position. **Perform both sides**



 **Video:**  
<http://youtu.be/jpbu0gPil6Q>

SETS REPS

## WARM UP AND COOL DOWN

If muscles are tight, weak or injured, it is particularly important to warm up (unless advised otherwise by your practitioner) ideally with a walk around for a few minutes before you start your exercises. If this is impossible move your arms and upper body as much as possible to increase your circulation and help prepare your muscles for the activity to come.

### Hip Abduction Straight Leg Supine

Lie down flat on your back on the bed. Slide your leg out to the side of your body as far as feels comfortable. Hold this stretch, then slide your leg back to the midline. Make sure you don't twist your leg whilst doing this - keep your toes pointing at the ceiling the entire time.



 **Video:**  
<https://youtu.be/hZoBB4-NCd8>

SETS REPS

### Knee Flexion Supine

Slide the heel of your affected leg towards your bottom. Go as far as feels comfortable, and then return to the start position (with the leg straight).



 **Video:**  
<http://youtu.be/skOauZ54MLU>

SETS REPS

### Heel Raises and Toe Lifts Sitting

Sit upright with good posture, with your feet flat on the floor. You can do this exercise in your shoes, or with bare feet. Lift your heels going up on to your toes, and then return to the floor. Lift your toes going up on your heels, and then return to the floor. This exercise will help strengthen your lower legs and ankles.



 **Video:**  
<https://youtu.be/-7AF6kP3n-8>

SETS REPS

### Knee Extensions Sitting

Sit upright with good posture. Slowly straighten your left leg out in front of you as far as feels comfortable. Slowly lower back to the floor, then repeat with the right leg. If you suffer any cramp in your upper thigh, do not straighten your leg fully and keep a small bend. This exercise will help mobilise your knees and improve strength in your legs.



 **Video:**  
<https://youtu.be/uklSfS5YTXA>

SETS REPS

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