

# Hip Replacement Rehabilitation Phase 1

## 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.

## 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.

### Diaphragmatic Breathing Sitting

Place one hand on your stomach, and the other on your chest. Take a deep breath in, and push your belly (and your hand) outwards. Try and keep the movement of your chest to a minimum, so you concentrate on the deep breathing. Relax your neck and shoulders as you breathe. This will help you to use your diaphragm, the main inspiratory muscle.



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

SETS REPS

### Ankle Circles Lying

Lying on your back, move your ankles around in circles both anti-clockwise and clockwise. You can also pump your foot up and down - essentially pointing your toes like a ballerina and then pulling your foot up, these should be fast and rapid movements to encourage blood flow. **Perform both sides**



 **Video:**  
[http://youtu.be/Za8PFXDFp\\_M](http://youtu.be/Za8PFXDFp_M)

SETS REPS

### Static Quadriceps Contraction Lying

Lie flat on your back. Tighten your right thigh (quadriceps) muscle by actively tensing/squeezing the muscle, noticing that as you do so your leg will naturally straighten slightly. Lift the heel slightly off the floor as you do it, and press your knee into the floor slightly. To finish, just relax the quadriceps muscle. **Perform both sides**



 **Video:**  
<http://youtu.be/JuxgB5hct7c>

SETS REPS

### 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

### Buttock Squeeze

Lie flat on your back, squeeze your buttock muscles as tightly together as possible. then relax. **Perform both sides**



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

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