

HIP EXERCISE INSTRUCTIONS

DEEP BREATHING EXERCISES

After surgery it is very important to ensure you are getting air to the deepest parts of your lungs. This avoids respiratory problems and prevents chest infections.

Sitting upright, take in a large, slow and deep breath. Do this 3 times and follow with a strong cough.

Repeat 3 times.

Do this at least 5 times a day.

Continue for 2 weeks until first post-operative review.

CIRCULATION EXERCISES

In the initial recovery period, your circulation tends to slow down. Maintain good circulation by doing these exercises:

Pull toes and feet towards you, and push away again.

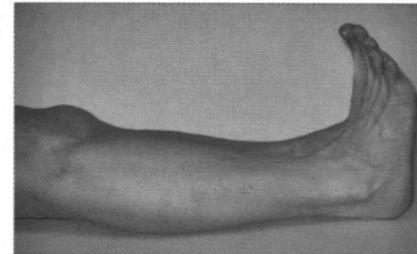
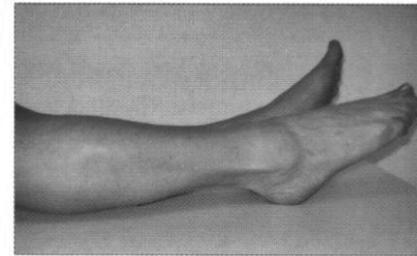
Repeat x 10.

Tighten your buttock muscles, hold for 5 seconds then release.

Repeat x 10.

Repeat these exercises every half an hour in the recovery period, until you are up and about.

ANKLE PUMP EXERCISES



Ankle Pumps

Blood flowing in your legs is assisted to return to your heart by the normal movement of your legs. As you will spend a significant amount of time in bed resting, it is very important that you undertake these exercises regularly to keep the blood flowing in a normal manner.

Pull your toes and foot back towards your head, then point your toes and foot away from your body (a similar movement is used when driving a car). It is important you

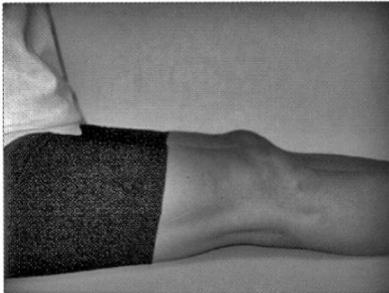
do this exercise using both feet.

Repeat 10 times each side.

Do 10 times a day.

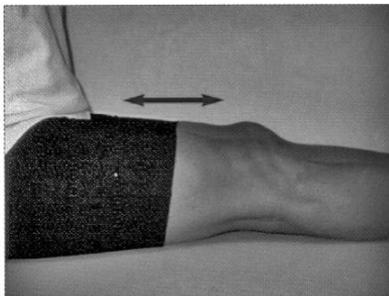
HIP EXERCISE INSTRUCTIONS

STATIC QUADRICEPS CONTRACTION



Static Quads

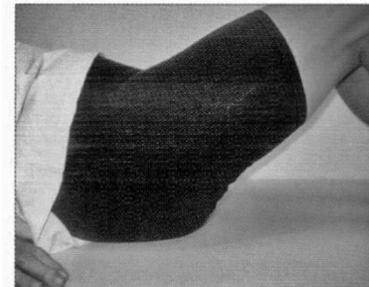
This exercise works your quadriceps (the large muscle on the front of your thigh) without creating movement at your hip joint. This is a good way to get the muscle working while limiting movement across your hip.



At first, squeeze the muscle gently then gradually make it tighter. Think of straightening your knee and pushing it down towards the bed. Hold for 5 seconds, release and repeat.

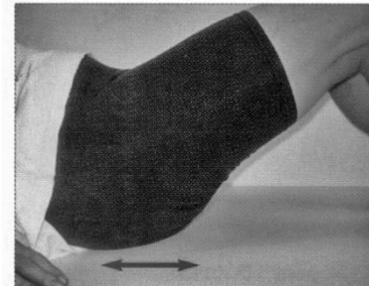
Repeat 10 times.
Do 3 times a day.

STATIC GLUTEAL MUSCLE CONTRACTIONS



Static Gluts

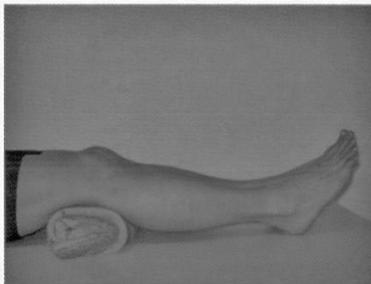
This exercise works your gluteal or backside muscles. These muscles are very important when standing and walking. Again, first squeeze the muscle gently, then gradually make it tighter. Hold for 5 seconds, release and repeat.



Repeat 10 times.
Do 3 times a day.

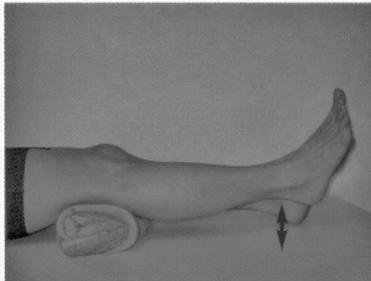
HIP EXERCISE INSTRUCTIONS

INNER RANGE QUADRICEPS EXERCISES



Inner Range Quads

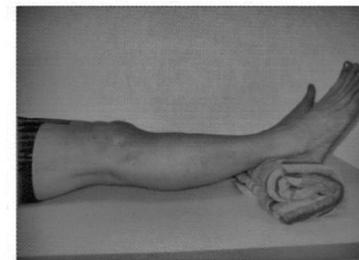
It is very important to have good control of your knee in a position that is nearly straight as this will help you while standing and walking.



Place a rolled up towel under your knee. Tighten your quadriceps (the large muscle at the front of your thigh) as before, but at the same time push your knee down into the towel and lift your foot off the bed. Hold again for 5 seconds and slowly lower. Repeat.

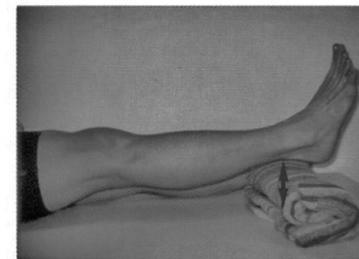
Repeat 10 times.
Do 3 times a day.

STRAIGHT LEG RAISES



Straight Leg Raises

Place a rolled up towel under your heel. Squeeze your quadriceps muscle and lock your knee down, then lift your heel without letting your knee bend. Hold for 5 seconds if possible then release gently.

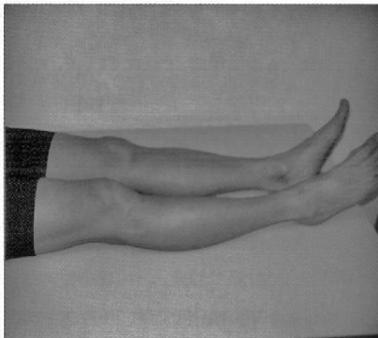


Repeat 10 times.
Do 3 times daily.

If either of the above two exercises become too easy add a weight to your ankle. You can do this simply by placing a bag of rice into an old sock and tie the sock around your ankle.

HIP EXERCISE INSTRUCTIONS

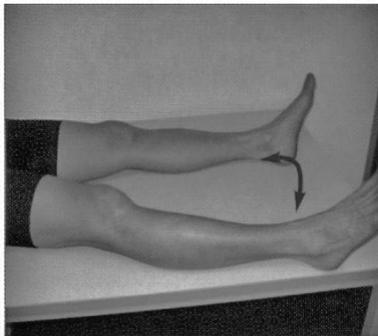
HIP ABDUCTION EXERCISES



Hip Abduction

This exercise strengthens the muscles that keep you upright while standing and walking. It will move your hip joint into a position known as abduction, which means to move away from your body.

Move your leg out to the side with your knee straight. Return leg to the middle. Repeat.



Make sure you always keep your toes pointing directly to the ceiling as your foot will want to roll over to the side.

Repeat 10 times.
Do 3 times daily.

HIP FLEXION AND EXTENSION EXERCISES

The rest of these exercises can be done in your lounge room using your walking frame or the back of a chair for support. If available, a mirror will be helpful.

The next two exercises work the muscles around your hip joint as well as putting your hip joint through a normal range of motion. It is important that you do these for both legs as moving your leg on one side creates movement and muscle work for that leg BUT the other leg is also working hard by contracting muscles to stabilise your pelvis. These exercises will help you to recover your normal walking pattern.



Hip Flexion/Extension

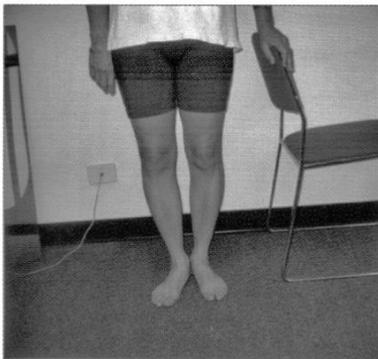
Stand within your frame or use a chair for support, stand upright and look straight ahead. A mirror, if available, will help you know if your position is correct. Gently swing your leg forward and backwards but at the same time making sure the rest of your body stays very still. This will ensure the movement occurs at your hip while also working the surrounding muscles.



Repeat 10 each side.
Do 3 times daily.

HIP EXERCISE INSTRUCTIONS

HIP ABDUCTION / ADDUCTION EXERCISES



Hip Abduction/Adduction

This is the same position as the previous exercise, however this time your leg moves out to the side and back to the centre again. Again make sure you keep your body still and the movement is at your hip joint.

Repeat 10 each side.

Do 3 times daily.



HALF SQUAT EXERCISES

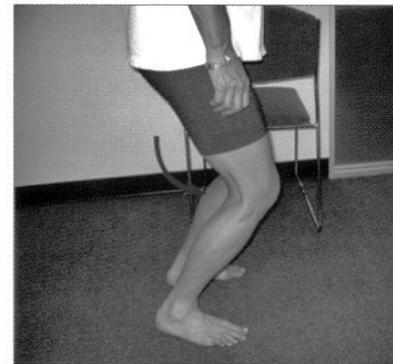


Half Squats

Standing in your frame or using a chair for support and keeping your back straight and upright, gently bend at the knees and hips and slowly lower yourself down. Go only as far as is comfortable and use the frame or chair for balance only, not to take your weight. Keep looking forward and resist the temptation to bend your back. Stand straight again and repeat.

Repeat 10 each side.

Do 3 times daily.



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HIP EXERCISE INSTRUCTIONS

LUNGES



Lunges

Again standing in your frame, or using a chair for support, place one leg in front of the other. You will need to exercise both legs, so it does not matter which one you do first. Keeping your back straight and looking forward, lunge forward onto your front foot. Hold this position for two seconds and slowly return to your starting and upright position. Make sure both feet are pointing straight ahead and are parallel.

Again go only as far as is comfortable, don't hold onto the frame or chair too tightly and keep the movement slow and controlled.

Repeat 10 each side.

Do 3 times daily.