

Post-operative – Advanced Stage Anterior Approach THR Exercises

This programme has been designed for patients of *The London Hip Practice* following a minimally invasive, muscle sparing, anterior approach, hip replacement (THR). The exercises shown in this section are intended to prepare you for a return to vigorous activities. However, exercises are only helpful if you are able to do them without irritating the soft tissues around your hip joint. It is acceptable to experience a small increase in discomfort on the day that you undertake the exercises. However, if your hip is more painful the next day, then you should reduce the programme.


We advise that a physiotherapist supervises the delivery of this programme due to the difficulty of the


exercises. These exercises are not suitable to those who are unable to complete the ‘late-stage’ programme and should not be attempted. Prior to starting this programme, you should have worked consistently on the ‘late-stage’ exercises consistently for a minimum of 4 weeks.



If any exercise is painful, you should stop it. You may be doing the exercise incorrectly, too intensively, too often or there may be a problem with the hip replacement. Further detailed advice should be sort from your physiotherapist. Your physiotherapist is welcome to contact our team if they have any queries. Please see our website for contact details www.londonhips.co.uk


All exercises must be pain free.


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Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
1	Static bike 	<ul style="list-style-type: none"> • Position the seat of the bike fairly high to ensure comfort • Avoid the hip moving beyond 90 degrees of bend • The knee should always be lower than the hip 	Moderate resistance as tolerated	10-20 mins as tolerated	1	4 days per week



Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
2	Side plank on the chair / weight bench 	<ul style="list-style-type: none"> • Inside knee on weight bench, chair seat or sofa • Other leg is held straight and off the floor underneath • Upper body weight on elbow • Lift hips, hips in line with shoulders and knee <p>At first, trial one or two repetitions of this exercise and hold for 10 seconds only. Once you can manage 2 repetitions and are able to hold for 20 seconds – persist with this for a minimum of 2 weeks before increasing the hold time or the number of repetitions further.</p>	Nil	10-30 second hold as tolerated	2-4 as tolerated	4 days per week




Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
3	Bridging on a chair, sofa or weight-bench  	<ul style="list-style-type: none"> • Lie on your back, heels resting on a chair seat or weight bench • Hips and knees at about 90 degrees • Lift your hips up using 2 legs • Lower your hips using 1 leg • Alternate the lowering leg to begin with <p>When you are able to complete no less than 4 sets of 20 repetitions of alternating the lowering leg, change to:</p> <ul style="list-style-type: none"> • Up on 2 legs and lowering sequentially on the same leg • Then progress to lifting and lowering on the same leg 	Body weight	12-20 as tolerated	2-5 as tolerated	4 days per week


Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
4	Side shuffling with band 	<ul style="list-style-type: none"> • Band around your thighs, just above your knees and a second resistance band just above your knees • Push your knees out hard into the band, maintain this throughout the exercise • Descend into a shallow squat position • Hands on your gluteal muscles as shown to check they are switched on • Keep your back straight, bottom sticking out • Shuffle sideways against the resistance of the bands 	Begin with an easy band and increase the difficulty of the resistance band every 2-3 weeks	10m	4-6 either direction as tolerated	4 days per week



Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
5	Hip bends on the ball with resistance  <p>Do not bend your hip past 90 degrees until you are 6 weeks post-op</p>	<ul style="list-style-type: none"> Secure a band around your thigh above your knee Attach the band to a secure and safe static object Lie on your back, your heel rests on a gym ball Lightly dig your heel into the ball to control it Think about sucking the ball of your new hip up into the socket - this will activate your deep hip stabilisers Roll the ball up towards you between 70 and 120 degrees of hip bend against the resistance of the band Return to the start position and repeat 	Heavy band	12-20 as tolerated	2-4 as tolerated	4 days per week

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
6	Double leg squat  <p>This exercise must be pain free and taught by a physiotherapist</p>	<ul style="list-style-type: none"> • Hold the weight close to your chest as shown • Feet apart and turned out • Avoid tucking your bottom under you • Stick your bottom out behind you as you descend • Don't allow your lower back to bend • Only squat a pain free, comfortable distance <ul style="list-style-type: none"> • As the weights become heavier, use a weighted bar on your shoulders 	Starting weight 5-7 Kgs Gradually work up to holding weights that are 30% + of your own body weight Consider increasing the weights by 5kgs every 2 weeks	15 as tolerated	3 as tolerated	4 days per week

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
7	<p>Lateral hip series</p> <p>a) Lift and lower the top knee continuously, keep feet together</p>  <p>b) Hold the leg in this position for 10-45 seconds</p> 	<ul style="list-style-type: none"> This is an endurance exercise String all 5 exercises together without having a break between the different positions Try to perform each exercise for 10 seconds initially, then increase to 20 seconds as you get stronger and then progress to 30 seconds <p>NB Increase the time you are holding for by 10 seconds every 10 days to 2 weeks</p>	Nil	10-45 seconds as able	1 – 3 as able	4 days per week

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
7	<p>Lateral hip series (continued)</p> <p>c) Heel tap backs – tap the heel behind you and return to start position</p>  <p>d) Hold the leg out straight - rotate the whole leg so that the foot points towards the ceiling – repeat the rotations</p>  <p>e) Hold the leg out straight – draw small circles with the whole leg</p> 	<ul style="list-style-type: none"> This is an endurance exercise String all 5 exercises together without having a break between the different positions Try to perform each exercise for 10 seconds initially, then increase to 20 seconds as you get stronger and then progress to 30 seconds <p>NB Increase the time you are holding for by 10 seconds every 10 days to 2 weeks</p>	Nil	10-45 seconds as able	1	4 days per week

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
8	Plank on ball Do not attempt this unless you can perform the 2 minute front plank shown in the mid stage programme (no 7, option 2) 	<ul style="list-style-type: none"> • Begin on your hands and knees • Reach one leg back to position it safely on the ball • Then add the other one • Hold the position <p>Begin by holding the position for as little as 10 seconds, this is a good start, build up to holding for 1 minute</p>	Body weight	10 seconds to 1 minute hold	1 - 3 as tolerated	4 days per week

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
9	<p>Calf series</p> <p>a) Feet parallel</p>  <p>b) Feet turned out</p> 	<ul style="list-style-type: none"> • Use the wall for balance • Heel raises • Lift in 1 second, lower in 2 seconds 	<p>Initially begin with body weight, progress to using hand held weights</p> <p>Starting weight around 4 Kgs, progress weight by 5Kgs every 2-3 weeks</p>	15 each	2-3 as tolerated	4 days per week