




## Post-operative – Early Stage Anterior Approach Total Hip Replacement 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 guide are intended to strengthen the muscles that support your hip and help you recover from your operation. 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 recommend that all exercises should be delivered under the care of a physiotherapist experienced in this work.



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](http://www.londonhips.co.uk)



All exercises should be pain free and delivered under the care of a physiotherapist

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
1	Ball squeezes at 0 degrees hip bend  at 45 degrees hip bend  at 60 degrees hip bend 	<ul style="list-style-type: none"> <li>• Lie on your back</li> <li>• Place a football sized slightly squashy ball or LARGE rolled towel between your knees so that <b>your knees are hip width apart</b></li> <li>• Squeeze the ball or towel between your knees to approximately 40-60% effort</li> <li>• Hold the squeeze</li> <li>• Change to the next angle</li> <li>• Then repeat the entire cycle of angles one after the other</li> </ul> <p>NB. If the squeeze is painful, try squeezing less vigorously, even a 20% squeeze is a good start. If the squeeze is still painful, only perform the squeezes at the angles that are entirely pain free.</p>	Nil	10-20 second hold	2	X2 Daily

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
2	Deep hip muscle activation 	<ul style="list-style-type: none"> <li>• Lie on your back</li> <li>• Find the bones on the front of your pelvis near your tummy – move your fingers on the affected side 1 cm in towards your tummy and dig your fingers lightly into the muscles on the inside of the bone</li> <li>• Bend your hip up to about 60 degrees</li> <li>• Think about sucking the ball of your new hip up into the socket - this will activate your deep hip stabilisers – with practice you will feel the muscle on the inside of the bones at the front of your pelvis subtly switch on and pop up under your fingers.</li> </ul>	Nil	Hold the sensation of sucking your hip in to the socket for 5-10 seconds	12	x 2 Daily
	Deep hip muscle activation with hip bends 	<ul style="list-style-type: none"> <li>• Lie on your back</li> <li>• Try to activate your deep hip muscles as described above</li> <li>• From about 60 degrees of hip bend, straighten your operated leg and then return to 60 degrees of hip bend</li> <li>• Maintain the sensation of sucking the ball of your new hip into the socket throughout the movement</li> </ul>	Nil	12	2	x 2 Daily

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
3	Bridging 	<ul style="list-style-type: none"> <li>• Lie on your back</li> <li>• Knees bent up, feet on the floor</li> <li>• Lift your hips up</li> <li>• Slowly lower your pelvis back to the floor</li> <li>• Repeat</li> </ul>	Body weight	12	1-2	x 2 Daily
4	Deep hip muscle activation with hip slides to side 	<ul style="list-style-type: none"> <li>• Lie on your back</li> <li>• Find the bones on the front of your pelvis near your tummy – move your fingers on the affected side 1 cm in towards your tummy and dig your fingers lightly into the muscles on the inside of the bone</li> <li>• Think about sucking the ball of your new hip up into the socket</li> <li>• Slide your leg out to the side and then back to a neutral position</li> <li>• Maintain the sensation of sucking the ball of your new hip into the socket throughout the movement</li> </ul>	Nil	12	1-2	x 2 Daily

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
5	Foot pumping 	<ul style="list-style-type: none"> <li>Bend ankles up and down vigorously</li> </ul>	Nil	30	2	Hourly when immobile
6	Thigh squeezes 	<ul style="list-style-type: none"> <li>Lie on your back</li> <li>Place a rolled up towel beneath the knee of your operated leg</li> <li>Push your knee down into the towel, tightening your thigh muscle and lifting your heel up</li> </ul>	Nil	20 second hold	4	Hourly when immobile

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
7	Calf series – heel raises a) Feet parallel  b) Feet turned out 	<ul style="list-style-type: none"> <li>• Use the wall for balance</li> <li>• Heel raises</li> <li>• Lift in 1 second, lower your heels back to the ground in 2 seconds</li> </ul>	Body weight	12 each	2-3 as tolerated	Every second day