


Post-operative – Late 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



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	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	20 mins as tolerated	1	4 days per week



Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
2	Banded hip adduction 	<ul style="list-style-type: none"> • Stand holding a steady object for light support • Fix a long length of band to a safe heavy object that won't topple over • Tie a loop around the band • Loop the band around your foot • Shuffle away from the fixed point of the band to take the slack up in the band • Allow the band to pull your hip out to the side • Pull your foot down against the resistance of the band back to the other foot • Repeat 	Nil	12-20 as tolerated	3-4	x1 Daily

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
3	Bridging on chair – up on 2 legs, lower on 1 	<ul style="list-style-type: none"> • Lie on your back, heels resting on a chair seat, sofa or a weight bench • Hips and knees bent to about 90 degrees ▪ Lift your hips up using 2 legs ▪ Lower your hips to the floor ▪ Alternate the lowering leg 	Body weight	12- 20 each leg	2-4 each leg	x1 Daily
4	Hip bends on the ball with resistance 	<ul style="list-style-type: none"> • Do not bend your hip past 90 degrees until you are 6 weeks post-op • Lie on your back, heel rests on a ball • Lightly dig your heel in to the ball to control it • Roll the ball up towards you and back to your start position. 	Heavy theraband	12-20 as comfortable	2-4 as comfortable	x1 Daily

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
5	Double leg squat 	<ul style="list-style-type: none"> • Hold something firm in front of you for balance if you are unsteady • Feet apart and turned out • Stick your bottom out as you squat • Keep your back straight • Fold at the hips 	Body weight	15	3	x1 Daily
6	Mini static wall squat 	<ul style="list-style-type: none"> • Loop a heavy resistance band around your legs just above your knees • Perch your bottom against the wall • Keep your back slightly away from the wall • Push your knees out hard in to the band to switch on your gluteal muscles (bottom muscles) • Hold the squat position maintaining a firm knee push out in to the band 	Heavy resistance band	20 seconds – 1 min as able	4	x1 Daily

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
7	<p>Front plank</p> <p>Option 1</p>  <p>Option 2</p> 	<ul style="list-style-type: none"> • Upper body weight on your elbows • Lower body weight on your knees <p>Consider progressing to option 2 once you can perform option 1 for 2 minutes and repeat 3 times easily</p> <ul style="list-style-type: none"> • Upper body weight on your elbows • Lower body weight on your toes • Maintain good alignment throughout your body 	Body weight	20 seconds – 2 minutes	3	x1 Daily

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
8	Side stepping with band around your thighs above your knees 	<ul style="list-style-type: none"> Put a looped heavy resistance band around your lower thighs, just above your knees Descend in to a mini squat Push your knees out hard against the band Maintain the knee push out throughout the exercise Shuffle sideways against the resistance of the band – maintain hip and knee bend while side stepping 	Nil	10-15 metres distance	4-6 in either direction	x1 Daily

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
8	<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 as you feel comfortable</p>	15 each	2-3	Every other day