



Post-op – Mid Stage, Anterior Approach, Total Hip Replacement Exercises



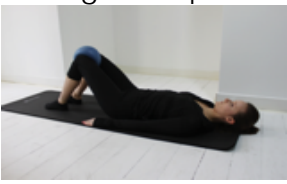

This programme has been designed for patients of *The London Hip Practice* following a minimally invasive, muscle sparing, anterior approach, hip replacement (THR). The exercises shown in this guide are intended to strengthen the muscles that support your hip and help you recover from your operation. 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 	Easy to moderate resistance as tolerated	5-20 mins as tolerated	1	4 days per week
2	Four point kneeling rocking 	<ul style="list-style-type: none"> Avoid bending your hip past 90 degrees in relation to your trunk until you are 6 weeks post-op This exercise is designed to help teach you to move your hip properly again and keep your back still Position on hands and knees Knees apart, heels together Flatten your back – keep your back still so that your hips perform the most movement Keep your back still and carefully rock backwards through your hips 	Nil	12	1 - 2	x1 Daily



Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
3	Ball squeezes at 0 degrees hip bend  45 degrees hip bend  60 degrees hip bend  and 75 degrees hip bend 	<ul style="list-style-type: none"> • Lie on your back • Place a football sized slightly squashy ball or LARGE rolled towel between your knees so that your knees are hip width apart • Squeeze the ball or towel between your knees to approximately 40-60% effort • Hold the squeeze • Change to the next angle • Then repeat the entire cycle of angles one after the other <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	20-30 second hold	4	x1 Daily

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
4	Bridging on chair 	<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 <p>NB. You can add resistance by putting a theraband around your thighs above your knees</p>	Body weight	12-20	2-4	x1 Daily
5	Double leg squat 	<ul style="list-style-type: none"> • Hold something firm in front of you for balance if you feel 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

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
6	Hip bends on the ball  *Only bend the hip a pain free distance*	<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 • 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 • Think about sucking the ball of your new hip up into the socket - this will activate your deep hip stabilisers • Lightly dig your heel into the ball to control it • Roll the ball up towards you between around 70 - 120 degrees of hip bend • Maintain the sensation of sucking the ball in the socket 	Nil	12-20	2-4	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	<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 10-30 seconds</p>  <p>c) Heel tap backs – tap the heel behind you and return to start position</p> 	<ul style="list-style-type: none"> This is an endurance exercise String all 5 exercises together without having a break 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> <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> 	Nil	10-30 seconds as able	1	x1 Daily

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
9	Calf series a) Feet parallel  b) Feet turned out 	<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 able</p>	15 each	2-3	Every other day