

Pre-operative Anterior Approach Total Hip Replacement Exercises




This programme has been designed for patients of *The London Hip Practice* due to have 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. However, pre-operative exercises are only helpful if you are able to do them without further irritating 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, 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. Your hip may be too irritable; you may be doing the exercise incorrectly, too intensively or too often. Further detailed advice should be sought from your physiotherapist. Your physiotherapist is welcome to contact our team if they have any queries. Please see our website for contact details.



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

	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
1	<p>Ball squeezes at 0 degrees hip bend</p>  <p>45 degrees hip bend</p>  <p>and 60 degrees hip bend</p> 	<ul style="list-style-type: none"> • Lie on your back • Place a football sized slightly squashy ball or a LARGE rolled towel between your knees so that your knees are hip width apart • Squeeze the ball or towel between your knees to approximately 20-60% 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.</p> <p>If the squeeze is still painful, only perform the squeezes at the angles that are comfortable.</p>	Nil	10-20 sec hold	1-2 cycles as comfortable	Once per day

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
2	Double leg bridging  When 2 is easy, progress to 2a	<ul style="list-style-type: none"> • Lie on your back with your hips and knees bent, feet flat on the floor or bed • Lift your hips up and then slowly lower 	Nil	12-20 as able	3	Once per day
2a	Double leg bridge with alternate heel lifts 	<ul style="list-style-type: none"> • Lie on your back with your hips and knees bent • Feet flat on the floor or bed • Lift your hips up and hold, maintaining still and level pelvis • Slowly de-weight one heel, keeping your toe in contact with the bed or floor • Hold the position with your heel lifted • Keep your pelvis lifted and level and slowly swap legs • Keep your pelvis lifted throughout 	Nil	5-10 second hold as able	12 each leg as able	Once per day

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
3	Hip bends lying down 	<ul style="list-style-type: none"> • Lie on your back, with your legs out straight • Slowly bend one hip up towards you and return to start position, repeat • Only move through the pain free comfortable range 	Nil	12–20 as able	2-3 as able	Once per day
4	Hip abduction lying down 	<ul style="list-style-type: none"> • Lie on your back, with your legs out straight • Slowly move one hip out to the side and return to start position, repeat • Only move through the pain free range Consider placing something slippery under the heel of your moving foot to reduce friction and make movement easier	Nil	12-20 as able	3 as able	Once per day

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
5	<p>Calf series – heel raises</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 your heels back to the ground in 2 seconds 	Body weight	12 each	2 as able	Once per day

Set	Exercise	Instructions	Target weight	Target repetitions	Target sets	Frequency
6	Mini squat against the wall 	<ul style="list-style-type: none"> • Perch your bottom against the wall • Avoid leaning on the wall with your back • Feet apart and turned out • Stick your bottom in to the wall to help keep your back straight • Only descend a small pain free distance • Hold <p>Start without a band around your knees. Only try this if you are able to complete 12, 10 second holds without any discomfort.</p>	Body weight	10 second hold	6-12	Once per day