

Hip Replacement Rehabilitation Phase 3

YOUR REHABILITATION PROGRAMME

This programme has specific exercises for hip replacement rehabilitation. Remember the key is to strengthen your entire lower leg and improve mobility in your hip. It is important to ensure the exercises are performed with good technique and good postural control. Make sure you are pain-free and take care not to progress too quickly. Remember everyone is different, so your therapist may give guidance that is more specific to you. Once you are coping with these exercises your therapist may change, add or replace some to progress you to being more functional and independent.

WARM UP AND COOL DOWN

If muscles are tight, weak or injured, it is particularly important to warm up (unless advised otherwise by your practitioner) ideally with a walk around for a few minutes before you start your exercises. If this is impossible move your arms and upper body as much as possible to increase your circulation and help prepare your muscles for the activity to come.

Leg Lift

Lift your affected leg off the floor/bed. This exercise will mobilise your hip joint and strengthen the hip flexor muscles. Lift your leg as far as feels comfortable, but with the aim of increasing your leg lift as your leg becomes stronger and more mobile.


Video:
<https://youtu.be/67ajrE4Ajak>

SETS

REPS

Hip Flexor Stretch 3

Perch on a bed, or a sturdy table, and hold the non-affected knee to your chest - this is probably too hard so simply let that leg hang off the end of the bed too, as your affected leg flops down over the end of the bed. You should feel a stretch into the front of your affected thigh. **Perform both sides**


Video:
<https://youtu.be/HQ98cQN6yyI>

SETS

REPS

Hip Extension Standing with Support

Stand upright with good posture. Hold on to a wall or table for support. Extend your affected leg behind you, and return to neutral. You should feel a pull in your buttock (gluteal) muscles on the leg you are moving, and some mild pressure on the leg you are standing on.


Video:
https://youtu.be/_DS9WZdBFOE

SETS

REPS

Hip Abduction Standing with Support

Stand upright with good posture. Hold on to a wall or table for support. Put your weight through your unaffected leg and take the affected leg out to the side, and back to neutral. You can also hold the leg out to the side and maintain this position. This exercise predominantly strengthens your outer hip and gluteal (buttock) muscles, but also mobilises a stiff hip joint.


Video:
<https://youtu.be/b50m4n6bemM>

SETS

REPS

1/4 Squat Standing with Support

Stand upright with good posture. Hold on to a wall or table for support. Open your legs slightly wider than shoulder width, and bend your knees to the 1/4 squat position. Return to the start position. Make sure you keep the middle of your knee-cap in line with the middle toes of your foot. This is a strengthening exercise for the legs.

Perform both sides


Video:
<https://youtu.be/LMLz1Z1CFCs>

SETS

REPS

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