

Hip Replacement Rehabilitation Phase 5

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.

Supine Bridge Basic

Lie flat on your back, with your knees bent, squeeze your bottom muscles and lift your body upwards. Keep your arms by your side and use them to help you balance. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.



 **Video:**
http://youtu.be/fK_xUE3OKIE

SETS	REPS

Step Up and Downs Supported

Stand upright in front of the bottom step of your staircase, holding on to a rail for support. Step up onto the first step with one leg, and bring the other leg to the step to meet it. With control, lower this same foot back to the floor, followed by the other. You can slowly reduce how much you are holding onto the rail. Alternate stepping up with different legs and stepping off backwards. **Perform both sides.**



 **Video:**
<https://youtu.be/rHCT8vYglmQ>

SETS	REPS

Box Side Step

Step up onto a step, sideways, placing both feet on the step, and then step down. You can step off the same side, or step off the other side of the box. Alternate sides, stepping up and down. Use a step with a rail for support initially. **Perform both sides.**



 **Video:**
http://youtu.be/7QR_Jew1f7Y

SETS	REPS

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 Knee Flexed Prone

Lift your leg behind you, making sure you keep your knee bent. You can either hold this position as a sustained hold, or move your leg up and down. This exercise predominantly strengthens your gluteal (buttock) muscles, but also your lower back muscles on the side you are lifting.

Perform both sides.



 **Video:**
<http://youtu.be/UudoV5OHvac>

SETS	REPS

Clam

Lie on your non-operated side, with both knees bent. Keeping your feet together, squeeze your deep abdominal muscles by drawing the belly button inwards. You may place a small pillow between your knees to avoid your operated (top) leg crossing over your bottom leg. Open your knees, like a clam, lifting your knee up towards the ceiling keeping your feet together. Hold, and return to the start position. This is a good strengthening exercise for your gluteal (buttock) and outer thigh/hip muscles.



 **Video:**
<http://youtu.be/1ECrWm-3SKo>

SETS	REPS

Wall Slides (1/2 Squat)

Stand upright, with your back resting against a wall and your feet slightly away from the side of the wall. Open your legs slightly wider than shoulder width, and bend your knees to the 1/2 squat position. Make sure you keep the middle of your knee-cap in line with the middle toes of your foot. Return to the start position. This is a strengthening exercise for the legs.



 **Video:**
<https://youtu.be/WKVYRXclqA4>

SETS	REPS

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