

Your Home Exercise Program Following Hip Surgery

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Early Postoperative Exercises After Hip Surgery

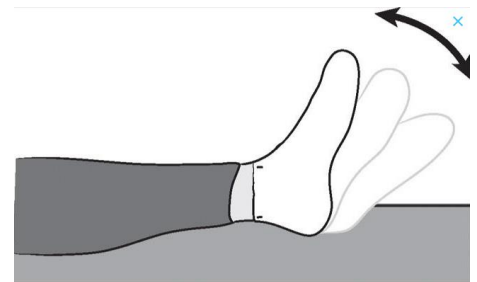
The following exercises will help increase circulation to your legs and feet, which is important for preventing blood clots. They will also help strengthen your muscles and improve hip movement.

Start the exercises as soon as you are able. You can begin them in the recovery room shortly after surgery. You may feel uncomfortable at first, but these exercises will help speed your recovery and actually diminish your postoperative pain.

Ankle Pumps

Slowly push your foot up and down. Repeat this exercise several times, as often as every 5 or 10 minutes.

Begin this exercise immediately after surgery and continue it until you are fully recovered.

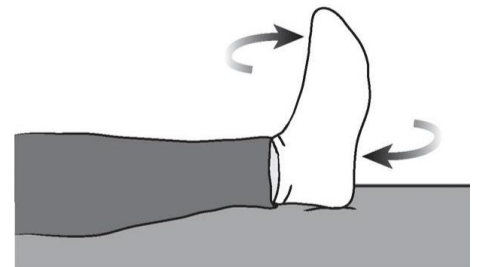


Ankle pumps

Ankle Rotations

Move your ankle inward toward your other foot and then outward away from your other foot.

Repeat 5 times in each direction. Do 3 or 4 sessions a day.

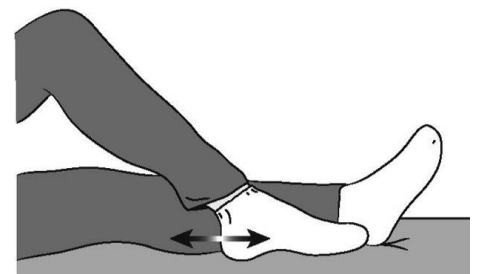


Ankle rotations

Bed-Supported Knee Bends

Slide your foot toward your buttocks, bending your knee and keeping your heel on the bed. Do not let your knee roll inward. Hold your knee in a maximally bent position for 5 to 10 seconds and then straighten.

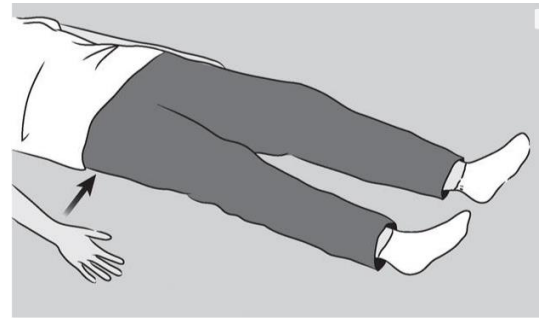
Repeat 10 times. Do 3 or 4 sessions a day.



Bed-supported knee bends

Buttock Contractions

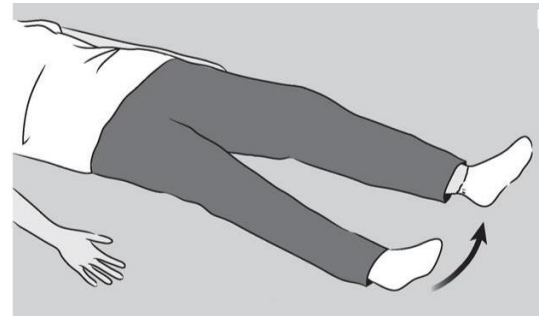
Tighten your buttock muscles and hold to a count of 5.
Repeat 10 times. Do 3 or 4 sessions a day.



Buttock contractions

Abduction Exercise

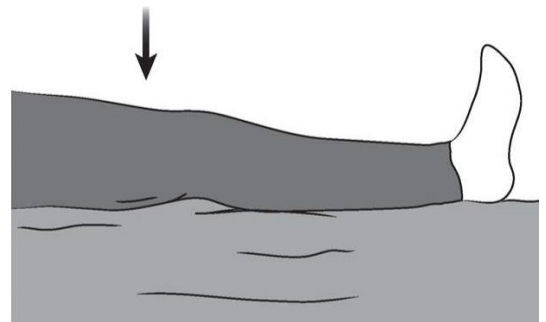
Slide your leg out to the side as far as you can and then back.
Repeat 10 times.
Do 3 or 4 sessions a day



Abduction exercise

Quadriceps Set

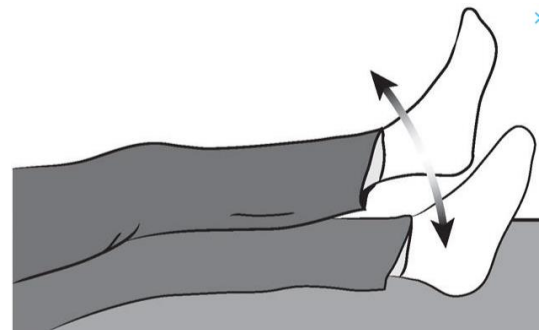
Tighten your thigh muscle. Try to straighten your knee. Hold for 5 to 10 seconds.
Repeat this exercise 10 times during a 10-minute period, rest one minute and repeat.
Continue until your thigh feels fatigued.



Quadriceps set

Straight Leg Raises

Tighten your thigh muscle with your knee fully straightened on the bed. Lift your leg several inches. Hold for 5 to 10 seconds.
Slowly lower.
Repeat until your thigh feels fatigued.



Straight leg raises

Standing Exercises

Soon after your surgery, you will be out of bed and able to stand. You will require help at first but, as you regain your strength, you will be able to stand independently. While doing these standing exercises, make sure you are holding on to a firm surface such as a bar attached to your bed or a wall.

Standing Knee Raises

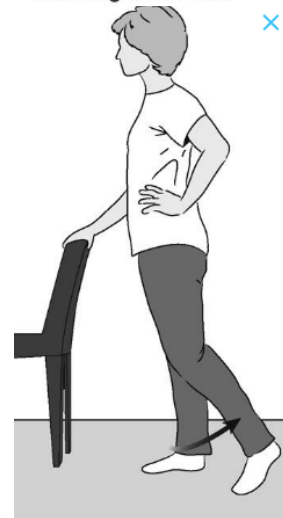
Lift your operated leg toward your chest. Do not lift your knee higher than your waist. Hold for 2 or 3 counts and put your leg down. Repeat 10 times. Do 3 or 4 sessions a day.



Standing knee raises

Standing Hip Abduction

Be sure your hip, knee and foot are pointing straight forward. Keep your body straight. With your knee straight, lift your leg out to the side. Slowly lower your leg so your foot is back on the floor. Repeat 10 times. Do 3 or 4 sessions a day.



Standing hip extensions

Standing Hip Extensions

Lift your operated leg backward slowly. Try to keep your back straight. Hold for 2 or 3 counts. Return your foot to the floor. Repeat 10 times. Do 3 or 4 sessions a day.

Early Activity

Soon after surgery, you will begin to walk short distances in your hospital room and perform light everyday activities. This early activity aids your recovery and helps your hip regain its strength and movement.

Walking

Proper walking is the best way to help your hip recover. At first, you will walk with a walker or crutches. Your surgeon or therapist will tell you how much weight to put on your leg.

Early on, walking will help you regain movement in your hip. Walk as rhythmically and smoothly as you can.



Standing hip abduction