

# Advanced exercises for total hip replacement

## Information for patients

This leaflet provides advanced exercises for patients who have undergone a total hip replacement to improve recovery. If you have any questions or concerns, please do not hesitate to speak to the team caring for you.

You should only try these exercises when you are comfortable doing the intermediate ones. Follow the exercises with care, if any of them make your pain worse, stop and seek advice.

Aim to do 10 of each exercise, three times per day, unless the instructions indicate otherwise. You may not be able to do this straight away and might need start with fewer and progress to doing 10 in your own time.

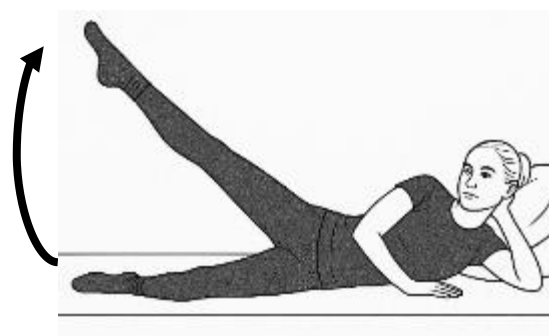
For some exercises it is advised to hold a position for up to 5 seconds. You may not be able to do this at first. Please try to build up to 5 seconds in your own time.

Some of these exercises need an exercise band. These can be purchased online or in some sports shops. Please make sure you use the appropriate band for you. Use one with less resistance to start and progress to the next level when you can comfortably complete the exercise 10 times, three times a day. Please look at the manufacturer's guidance for more advice.

### Hip abduction

Lie on your non-operated side, with your operated leg straight, and your hips facing forwards. Lift the leg up towards the ceiling, as far as is comfortable, keeping it straight. Keep your hips facing forwards throughout the exercise.

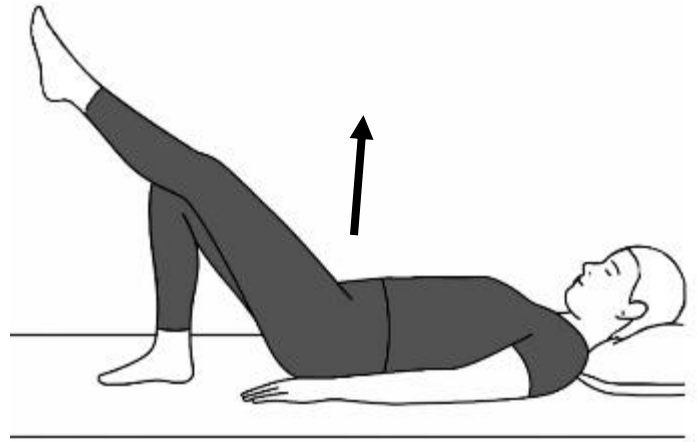
Hold for up to 5 seconds then slowly lower back down again.



## Single leg bridging

Start lying on your back with the operated leg bent and the foot flat on the bed. Straighten the non-operated keeping your knees level. Push down with your operated leg lifting both hips off the bed. Try to keep the hips level throughout.

Hold for up to 5 seconds and lower your hips back into the starting position.

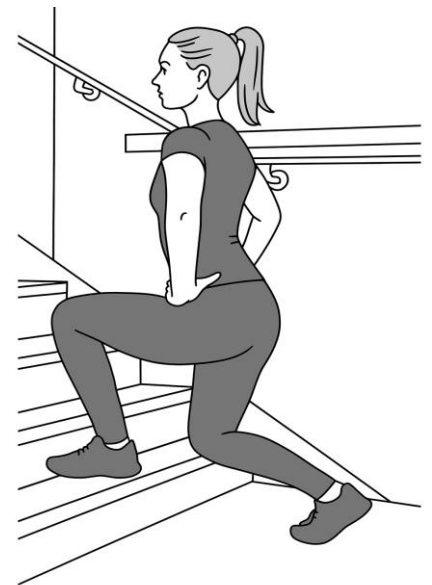


## Lunges on step

Stand at the bottom of a step. Place your operated leg on to the step.

Keeping your back straight, bend both knees and lower yourself as far as is comfortable. Then push back up into standing.

Aim to progress to your knees being at right angles. Hold on to a rail for support if needed, and progress to using no rails only if safe.



## Standing dips

Stand on a step, facing away from the stairs. Hold on to a rail for support. Position your non-operated leg out in front of you and off the floor or step.

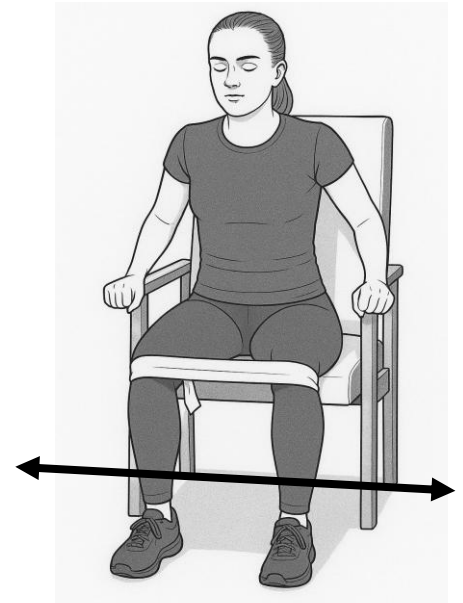
Lower yourself down as far as is comfortable. Hold for up to 5 seconds then push back up into standing straight.



## Seated hip abduction with exercise band

Tie the exercise band in a loop so that it has some tension when placed around your knees.

Sit in a chair. Position the exercise band around your knees with your knees slightly apart. Push both knees outwards as far as is comfortable. Hold for up to 5 seconds then slowly return to the starting position.



## Sit to stand with exercise band

Tie the exercise band in a loop so that it has some tension when placed around your knees.

Sit in a chair. Position the exercise band around your knees with your knees slightly apart. Push your knees outwards against the exercise band, and stand, using your hands to support if needed. Always keep the tension on the band. Once you have stood up, return to a seated position.



## Wall squats

Stand with your back against a wall with your feet out in front of you.

Leaning against the wall, bend both knees and slide yourself down the wall as far as is comfortable.

Hold for 5 seconds and push back up into a standing straight position.



## Single leg standing

Stand straight with a sturdy support in front of you. Lift your non-operated leg off the floor and stand for as long as possible without holding on to the support. Count how long you can do and try to increase that time with every go.

If you feel like you are going to lose balance, place your foot back on the floor and reach out for the support if needed to steady yourself.

If this becomes too easy you can make it harder by doing it with your eyes closed.

Try this 5 times per day.



## MyChart

Our MyChart app and website lets you securely access parts of your health record with us, giving you more control over your care. To sign up or for help, call us on 020 3299 4618 or email [kings.mychart@nhs.net](mailto:kings.mychart@nhs.net). Visit [www.kch.nhs.uk/mychart](http://www.kch.nhs.uk/mychart) to find out more.

## Sharing your information

King's College Hospital NHS Foundation Trust has partnered with Guy's and St Thomas' NHS Foundation Trust through the King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas' hospitals. King's College Hospital and Guy's and St Thomas' NHS Foundation Trusts share an electronic patient record system, which means information about your health record can be accessed safely and securely by health and care staff at both Trusts. For more information visit [www.kch.nhs.uk](http://www.kch.nhs.uk).

## PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

Tel: 020 3299 4618

Email: [kings.pals@nhs.net](mailto:kings.pals@nhs.net)

**If you would like the information in this leaflet in a different language or format, please contact our Interpreting and Accessible Communication Support on 020 3299 4618 or email [kings.access@nhs.net](mailto:kings.access@nhs.net)**