

# Intermediate exercises for total hip replacement

## Information for patients

This leaflet provides intermediate 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 basic ones. Please find the basic exercises in the total hip replacement booklet.

When you are comfortable with the intermediate exercises consider moving to the advanced exercises to continue your rehabilitation.

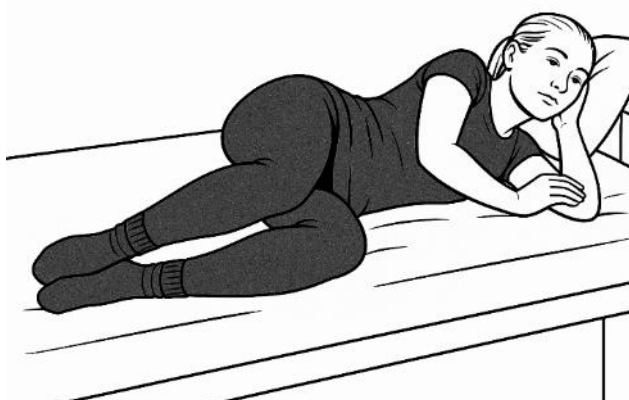
Follow the exercises with care, if any of them make your pain worse, stop and seek advice.

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.

### **Hip abduction**

Lie on a bed on your non-operated side, with both of your hips and knees bent. Keeping your feet together, and your hips facing forward, lift the knee on the operated side towards the ceiling. Hold for up to 5 seconds then slowly lower back down again.



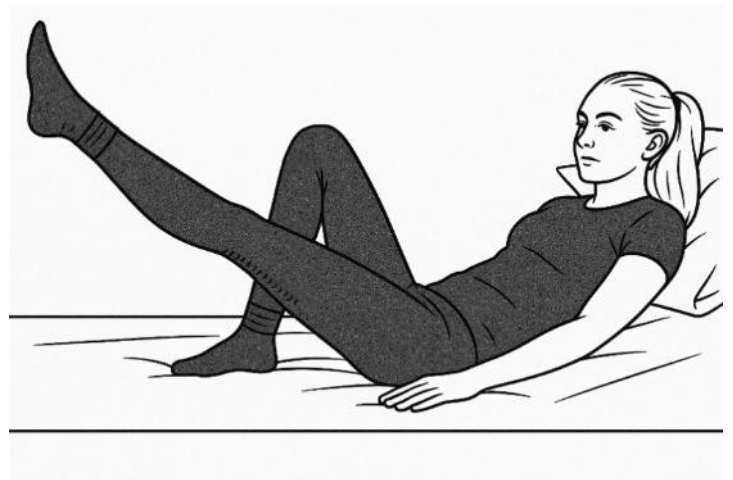
## Bridging with ball squeeze

Lie on a bed. Bend both knees and place your feet flat. Place a ball (or something similar like a rolled-up pillow) between your knees. Squeeze your buttock muscles and lift your bottom off the bed. When doing this squeeze hold the ball with your knees. Hold for up to 5 seconds.



## Straight leg raise

Lie on a bed. With your operated leg resting straight on the bed, tighten your thigh muscle and lift your leg straight and up off the bed. You may find it helpful at the same time to bend the knee of your good leg and push through your foot. Hold for up to 5 seconds.



## Seated ball squeeze

Sit in a chair. Place a ball (or something similar like a rolled-up pillow) between your knees. Squeeze the ball and hold for up to 5 seconds then relax.



## Step-ups

Stand at the bottom of a step. Step up with your operated leg leading. Then step back down again, this time with your non-operated leg leading.

Hold on to a rail if needed, and progress to using no rail when safe.



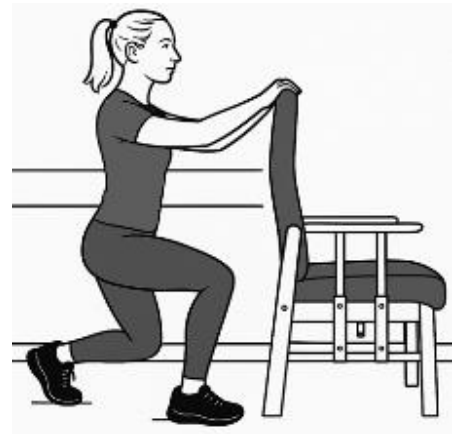
## Lunges with chair

Stand and hold the back of a chair or something sturdy.

Place your non-operated leg behind you so just your toes are on the floor.

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.



## Squats

Stand and hold the back of a chair or something sturdy. Place your feet slightly apart. Keep your back straight.

Bend both knees and squat as far as is comfortable. Then push back up into standing.



## Sit to stand without hands

Sit at the front of a chair with your arms across your chest. Push up into standing. Once you have stood up, slowly lower yourself back down into the chair without using your hands to support.

If this is too difficult, consider using one hand to push up



## Exercise video

Please scan the QR code or visit <https://tinyurl.com/bdhbtkh2> to see the exercise video that accompanies this leaflet.



## 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)**

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