

TOTAL HIP REPLACEMENT (LATERAL APPROACH)- STANDING EXERCISES



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Repeat sets of each exercise, 2-3 times each day.

1. Standing Hip Bending

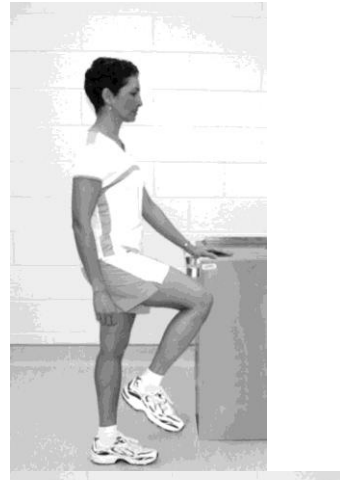
Stand with support for balance, bend your operated hip by bringing your knee towards your chest.

Do not go beyond a 90-degree bend.

Hold for 5 seconds.

Slowly lower your leg.

Repeat 10-20 times.



2. Standing Hip Abduction

Stand with support for balance, lift your operated leg out to the side while standing tall.

Keep your hips level. Keep your upper body straight and toes pointing forward.

Hold for 5 seconds.

Slowly return leg to the starting position.

Repeat 10-20 times.



3. Standing Hamstring Curls

Stand with support for balance. Bend your knee, bringing the heel of your operated leg towards your buttock. Keep your thighs level with each other.

Hold for 5 seconds.

Slowly return leg to the starting position.

Repeat 10-20 times.



4. Standing Hip Extension

Stand with your hands at your side or holding something for support, lift your operated leg backwards, keeping your knee straight.

It is important to remain standing up tall.

Hold for 5 seconds.

Repeat 10-20 times.



Videos of these exercises available at:
<https://rjac.ca/tbrhsc-patient-education-materials/>