SURGICAL SERVICES TOTAL HIP REPLACEMENT (LATERAL APPROACH)-STANDING EXERCISES



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

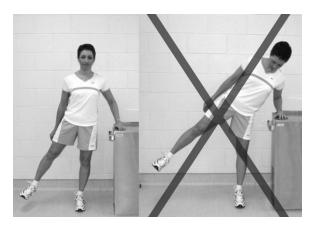
Stand with support for balance. Bend your knee, bringing the heel of your operated leg towards your buttock. Keep your thighs level with each other.

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.

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

Hold for 5 seconds.

Repeat 10-20 times.

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Thunder Bay Regional Health Sciences Centre is a leader in Patient and Family Centred Care and a research and teaching hospital proudly affiliated with Lakehead University, the Northern Ontario School of Medicine and Confederation College.

Le Centre régional des sciences de la santé de Thunder Bay, un hôpital d'enseignement et de recherche, est reconnu comme un leader dans la prestation de soins et de services aux patients et aux familles et est fier de son affiliation à l'Université Lakehead, à l'École de médecine du Nord de l'Ontario et au Collège Confederation.



En santé ensemble

