

TOTAL HIP REPLACEMENT (LATERAL APPROACH) POST-OP EXERCISES

You may begin the following exercises immediately after your surgery, as they are important for:

- Helping to prevent complications with your breathing.
- Helping to prevent blood clots in your legs.
- Increasing your blood flow.

1. Deep Breathing and Coughing Exercises

Until you are up and moving well, take at least 10 deep breaths followed by a cough, every hour that you are awake.

2. Ankle Pumping

Move your feet up, down and in circles.

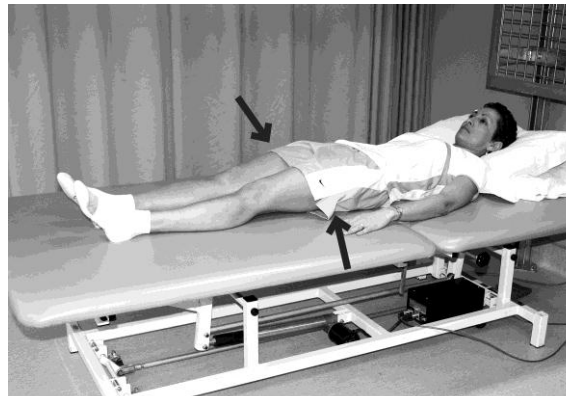
Move your feet up, down and in circles. Repeat 50 times every hour that you are awake.



3. Buttocks Contractions

Tighten your buttock muscle.

Hold for 5 seconds. Repeat 10-20 times, 2-3 times each day.

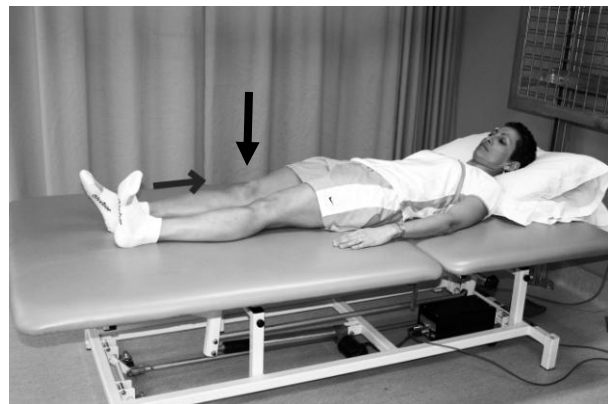


4. Thigh Strengthening

Pull your foot towards your nose.

Tighten the muscles on the front of your operated thigh by pressing your operated knee into the bed.

Hold for 5 seconds. Repeat 10-20 times, 2-3 times each day.



5. Hamstring and Gluteal Strengthening

Press your whole operated leg onto the bed.

Hold for 5 seconds. Repeat 10-20 times, 2-3 times each day.



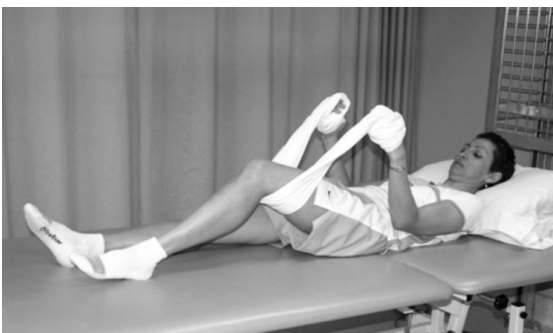
6. Hip and Knee Bend with a Towel

Lying as shown put a towel or sheet under your operated knee.

Pull on the towel to bend your operated knee keeping your heel on the bed.

Do not go beyond a 90-degree bend at your hip.

Hold for 5 seconds. Repeat 10-20 times, 2-3 times each day.



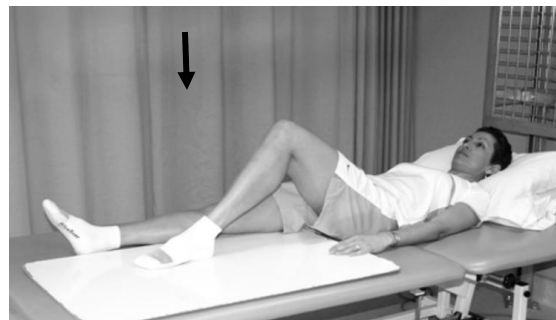
7. Hip and Knee Bending Progression

With a plastic bag or the sliding board underneath your heel, slide your heel towards your buttocks.

Keep your heel on the bed.

Do not go beyond a 90-degree bend at your hip.

Hold for 5 seconds. Repeat 10-20 times, 2-3 times each day.



8. Thigh Strengthening Over a Roll

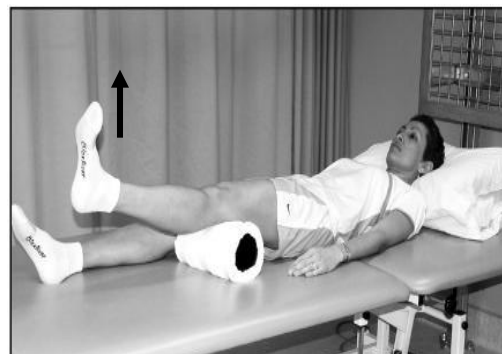
Place a towel roll under your operated knee.

Raise your heel off the bed.

Straighten your knee as much as possible.

Ensure you keep the back of your knee on the roll.

Hold 5 seconds, 10-20 times, 2-3 times each day.



9. Hip Abduction

Helpful Tip: Place a plastic bag under your heel, use a sliding board, or use a bed sheet wrapped around your foot to help you move your leg initially until you are able to move it without assistance.

Slide the operated leg sideways in bed. Keeping your leg pressed on the bed.

Keep the kneecap and toes pointing up to the ceiling.

Hold 5 seconds, 10-20 times, 2-3 times each day.



Helpful videos about Hip Replacement Surgery are available at:

<https://rjac.ca/tbrhsc-patient-education-materials/>