

Physiotherapy department

Patient information leaflet:

Preoperative total hip replacement exercises


The usual waiting time for an elective total hip replacement has increased due to the impact of the ongoing pandemic. Whilst we are seeing patients as quickly as possible for this procedure, you will need to wait longer for your planned surgery. During this time, you may find that your legs become weaker and that your mobility reduces.

These exercises are designed to help maximise your fitness before your surgery and will help with your recovery after your operation.




As you begin your exercise programme, be aware that people respond to a new exercise regimen in different ways. Start your exercises gently, building them up gradually over time. If you experience any discomfort or pain from a particular exercise, stop doing that exercise or reduce the number of times that you perform it.




Aim to work up to practicing your exercises twice a day, every day before your surgery.



It may be beneficial to practice the exercises on both legs.

<p>1. Ankle pumps</p>		<p>Lie on your back with your legs straight.</p> <p>Briskly bend and straighten your ankles.</p> <p>Repeat 10 times.</p>
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<p>2. Straight leg raise in supine</p>	 <p>©Physiotools</p>	<p>Lie on your back with one leg bent, the other leg is straight.</p> <p>Bend the ankle of the straight leg, contract the muscles of your front thigh and lift the leg up a couple of inches keeping it straight.</p> <p>Slowly lower the leg back down.</p> <p>Repeat 10 times.</p>
<p>3. Static gluts</p>	 <p>©Physiotools</p>	<p>Lie on your back with your legs straight.</p> <p>Tense and squeeze your bottom muscles together.</p> <p>Hold the tension for a moment and then relax.</p> <p>Repeat 10 times.</p>
<p>4. Hip adduction in side lying</p>	 <p>©Physiotools</p>	<p>Lie on your side, with the lower leg bent and the upper leg straight.</p> <p>Lift the upper leg straight up with ankle flexed. Return to the starting position.</p> <p>Repeat 10 times.</p>

<p>5. Bridging</p>		<p>Lie on your back, with knees bent and feet hip-width apart.</p> <p>Draw in your abdominals and tighten your buttocks. Tilt your pelvis backwards and lift your pelvis and back up one vertebrae at a time. Lift only as high as you can while maintaining the pelvis position. Lower your pelvis down in a controlled manner.</p> <p>Note: Don't let your lower back arch during the lift.</p> <p>Repeat 10 times.</p>
<p>6. Hip extension</p>		<p>Stand straight holding on to a chair.</p> <p>Bring your leg backwards keeping your knee straight. Do not lean forwards.</p> <p>Repeat 10 times.</p>
<p>7. Hamstring curls</p>		<p>Stand tall and take support if needed.</p> <p>Tighten your buttocks, and by bending one knee bring your heel towards the buttocks.</p> <p>Return to the starting position in a controlled manner.</p> <p>Note: Keep your thigh parallel to the other thigh while bending the knee.</p> <p>Repeat 10 times.</p>

<p>8. Hamstring stretch in sitting</p>	 <p>©Physiotools</p>	<p>Sit on a chair. Put one leg in front of the other with your knee slightly bent.</p> <p>Lean forward keeping your back straight.</p> <p>Hold 20 seconds.</p> <p>Repeat 2 times.</p>
<p>9. Chair push ups</p>	 <p>©Physiotools</p>	<p>Sitting on a chair, back straight.</p> <p>Clasp the arms of the chair and lift your bottom from the seat by straightening your arms and pushing the shoulders down. Do not let your chin protrude forward.</p> <p>Repeat 10 times.</p>

How to provide feedback

Our aim is to provide a quality of care we would want for ourselves, our families and friends. If there was anything that we could have done please let us know via the department/ward staff or the patient experience team available on 01432 372986 or email PALs@wvt.nhs.uk (opening times may vary).

This leaflet is available in large print, Braille, Audio tape or other languages upon request. Please contact patient experience team on the above telephone number.

You may be asked to give your opinion on the service you have received. We welcome your feedback as this will help us to improve the care and treatment we provide to our patients.

Wye Valley NHS Trust www.wyevalley.nhs.uk

Telephone 01432 355444