

# Hip Replacement Rehabilitation Phase 4

## YOUR REHABILITATION PROGRAMME

This programme has specific exercises for hip replacement rehabilitation. Remember the key is to strengthen your entire lower leg and improve mobility in your hip. It is important to ensure the exercises are performed with good technique and good postural control. Make sure you are pain-free and take care not to progress too quickly. Remember everyone is different, so your therapist may give guidance that is more specific to you. Once you are coping with these exercises your therapist may change, add or replace some to progress you to being more functional and independent.

### Hip Flexion with Bent Knee Standing with Support

Stand upright with good posture. Hold on to a wall or table for support. Put your weight through one leg and bend the other knee towards your chest. This exercise will mobilise your hip joint and strengthen the hip flexor muscles. **Perform both sides**



**Video:**

[https://youtu.be/E\\_16XRcyCoc](https://youtu.be/E_16XRcyCoc)

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### WARM UP AND COOL DOWN

If muscles are tight, weak or injured, it is particularly important to warm up (unless advised otherwise by your practitioner) ideally with a walk around for a few minutes before you start your exercises. If this is impossible move your arms and upper body as much as possible to increase your circulation and help prepare your muscles for the activity to come.

### Calf Raises Standing with Support

Stand upright with good posture. Hold on to a wall or support. Slowly raise up onto your toes, and control the movement back down. This exercise will strengthen the calf muscles and ankle joints. **Perform both sides**



**Video:**

<https://youtu.be/6cqQXAaZ8CU>

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### Marching Climb a Rope

Stand upright with good posture, next to a wall or table just in case you need support. March on the spot. Keep your knees up, and using your arms, imagine you are pulling a rope downwards from the ceiling. Try to stay on the same spot throughout your march. This exercise is good for knee and hip mobility, endurance, balance and co-ordination. **Perform both sides**



**Video:**

<https://youtu.be/DyxD-D51zpU>

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### Sidestep with Support

Stand upright with good posture with some clear space around you. Hold on to a wall support. Take a step to the side with one foot, and then join with the other foot. Repeat with the opposite leg leading this time to return to the start position. **Perform both sides**



**Video:**

<https://youtu.be/5NdDdQ2OJOY>

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### Gluteus Medius Muscle Contraction Wall

Stand up straight with good posture close to a wall. Your operated side should be away from the wall. Lift your good leg to a 90° angle or as high as is comfortable and push your thigh into the wall. Gently contract your deep abdominal muscles by drawing your stomach inwards. As you push with your leg, you will create a contraction to the opposite side buttock muscles, known as the gluteus medius. **Perform both sides**



**Video:**

<https://youtu.be/ay1YWNFwAww>

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### Single Leg Balance Standing on Cushion

Place a sofa cushion on the floor. Stand on the cushion and hold on to a wall or table. As you feel more confident you can reduce contact and support from the wall or table. A single leg balance exercise such as this is an enormously valuable exercise, and its benefits including strengthening the muscles and ligaments around the ankles and knees, and improving balance. **Perform both sides**



**Video:**

<https://youtu.be/2Z-ZRjqbZYE>

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