

Hip Replacement Post-operative Exercises (Early Phase)

Hip flex

1. Lie in bed with knee flexed.
2. Lift your thigh until your thigh is perpendicular to the bed.
3. Hold for 3 seconds, repeat 10 times.



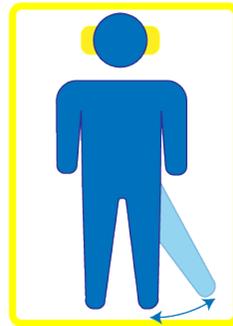
Straight leg raises

1. Lie in bed.
2. Draw your toes and foot up towards you and lift your leg while keeping your knee straight.
3. Hold 5 seconds, repeat 10 times.



Hip abduction

1. Lie in bed.
2. Slowly open up your leg to the side.
3. Hold for 3 seconds, repeat 10 times.



Bridging

1. Lie in bed with your knees bent.
2. Lift your buttock while keeping your back straight and upper body relaxed.
3. Hold for 5 seconds, repeat 10 times.



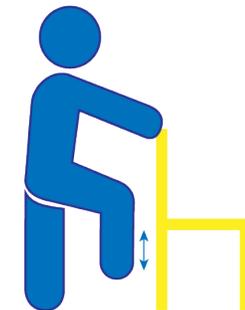
Lying kicks

1. Lying in bed with a pillow or milk powder can under the surgical knee.
2. Draw your toes and foot up towards you and straighten the knee.
3. Hold 5 seconds, repeat 10 times.



Stepping in place

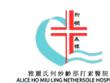
1. Hold onto a sturdy table or back of a chair.
2. Lift your knees and step in place for 1 minute.



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Dept. of Orthopaedics & Traumatology
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