

Exercise Program following a total hip replacement surgery (posterior approach)

Do your exercises 2-3 times daily, 10-15 times each exercise

1. Ankle Pumping

- Sitting or lie on your back with your leg straight
 - Bring your toes toward yourself
 - Point your toes down (straight ankle pumping)
- *This exercise can be done every 2 hours, no circles



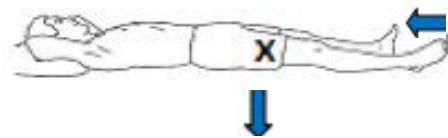
2. Buttocks

- Lie on your back with your leg straight
 - Bring your toes towards yourself
 - Squeeze/contract your buttock muscles
 - Hold this position for 5 seconds and relax
- *This exercise can be done every 2 hours



3. Knee

- Lie on your back with your leg straight
 - Press your knee toward the mattress
 - Bring your toes toward yourself
 - Squeeze/contract your thigh muscles
 - Hold this position for 5 seconds and relax
- *This exercise can be done every 2 hours



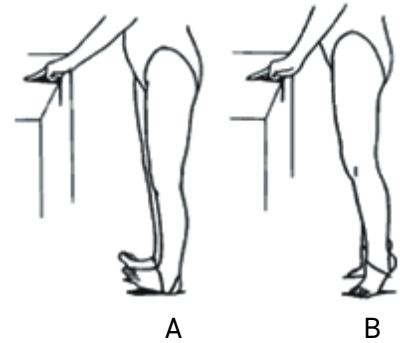
4. Knee

- Lie on your back, place a roll under your knee
- Lift your foot up from the mattress to straighten your knee
- Bring your toes toward yourself
- Keep your knee on the roll, hold this position for 5 seconds and then bring your foot slowly down to the mattress



5. Ankles

- A
- Standing – supported by a wall, a table, a counter, etc.
 - Stand on your heel lifting your toes up, maintain a good posture
 - Hold this position for 5 seconds then bring toes back down
- B
- Standing – supported by a wall, a table, a counter, etc.
 - Stand on the tip of your toes, maintain a good posture
 - Hold this position for 5 seconds then bring heels back down



A few tips

- Maintain a good posture during all movements and exercises
- Take the time to properly do your exercises and to breathe
- Apply ice for 10-15 minutes if you have pain or swelling
- You can exercise both legs, to ensure to stay strong and active during your recovery
- Use your walker until your physiotherapist indicates otherwise (generally 4-6 weeks after your surgery)

6 weeks hip precautions

1. **Do not bend your hip past 90°**
2. **Do not cross your legs**
3. **Do not rotate your legs – keep your feet pointed straight**

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