



Saskatchewan
Health Authority

Elective Hip Replacement

Post-Operative Exercise Booklet

CEAC 1232
May 2022
Regina Area

This booklet belongs to:

Elective Hip Replacement Post-Operative Exercise Booklet

You must bring this book with you to all your therapy appointments.

You have an appointment to see your physiotherapist
at the Surgical Assessment Centre on:

mm/dd/yyyy

time

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

If you need to change this appointment, call (306) 766-0414



This booklet guides you in your physiotherapy journey from after your surgery to your first follow up appointment with your surgeon and outpatient physiotherapy appointments.

The Surgical Assessment Centre calls you 48 to 72 hours after you are discharged from hospital to check on your recovery.

You are expected to complete your prescribed exercises twice a day, practice walking, and apply ice as needed to your surgical area as part of your recovery.

If you have questions about your therapy, call 306-766-0414.

Photographs and diagrams courtesy of SHA Medical Media Department and Hip and Knee Treatment and Research Centre.

Precautions after Hip Replacement Surgery

Do not bend your hip past 90°.

- **Do not** sit on soft or low furniture or low beds.
- **Do not** bring your knee toward your chest.
- **Do not** squat.
- **Do not** reach forward while sitting.
- **Do not** reach for items on the floor. Use a long handled reacher.
- Use a sock aid to put on socks and shoes.
- Use elastic shoe laces.



Do not cross your legs.

- Do not cross your legs at the knees or the ankles while sitting.
- In bed, use pillows between your legs when lying on your side.
- **Do not** let the operated leg fall over the other leg.



Do not twist on your operated leg.

- When turning, step around instead.
- **Do not** dance or pivot on the operated leg.
- Keep your nose and toes facing the same direction.



Do not jar your hip.

- **Do not** walk on slippery surfaces.
- Wear shoes with a non-slip sole.
- **Do not** do activities like dancing, jumping, and sports.

Do not push or carry heavy items.

- At first do not lift anything more than 4.5kg (10 lbs).
- Over time you can progress up to 9 kg (20 lbs).

Understanding Your Pain

Several things contribute to pain and management. Before surgery, you have been experiencing “arthritic pain”, which is often described as a dull aching pain. This pain should cease with surgery. After surgery, you experience pain for a different reason called “surgical pain”. This pain improves over time.

Reduce Pain and Swelling

Ice and Heat

- Apply ice for 10 to 15 minutes to the operated hip, especially after exercise. Use ice as needed every 1 to 2 hours.
- **Do not** apply heat to your incision area. Talk to your physiotherapist before using any heat.

Pain Medication

- Take your pain medication as prescribed in hospital.
- It is important that your pain is controlled so that you can complete your 2 exercise sessions every day.
- Take your pain medication 30 to 45 minutes before your exercise session.

Swelling Control

- Elevating the leg above the level of your heart, for 20 minutes 2 to 3 times a day can help control/reduce the swelling in your hip.
- Elevate your entire leg by placing pillows underneath the entire operated leg, not just under





Walking

Soon after surgery, you begin to walk short distances in your room. It is important to know your 'weight bearing status' when you begin to walk. Weight bearing means how much pressure you can put on your operated leg.

Weight Bearing as Tolerated

Stand up as straight as you can. You are allowed to put as much weight as you feel comfortable with on your operated leg.

Partial Weight Bearing

You are allowed to put a maximum of 50% of your body weight through the operated leg.

How Much Should I be Walking/ Standing?

Start with walking short distances in the hospital. Once discharged, gradually increase your walking in your house, within your tolerance. Prolonged standing can increase your pain. **An increase in hip pain and swelling or an increase in night pain may indicate you have been doing too much.**

You may begin walking short distances outside your house when tolerated, continuing to use your walker or crutches. Gradually increase this distance, respecting your pain.

You must use your walker or crutches for 6 weeks after surgery.
Your surgeon or physiotherapist tells you when to start using a cane.

Sit to Stand

When rising from a seated position, **place the foot of your operated leg ahead of the other foot.** Put most of the weight through your arms and non-operated leg as you push up into a standing position.



Walking with Your Walker

Sequence: 1. Walker 2. Operated leg 3. Non-operated leg

Keep your head up. Advance the walker about an arm's length away. Step halfway into the walker with your operated leg, followed by your non-operated leg. Stand up tall and straight. Wear good supportive footwear with non-slip soles whenever possible.

Stairs

Going up Stairs

1. Hold the handrail with one hand and a cane or crutch in the other.
2. Step your non-operated leg up first. Bring your operated leg and the cane or crutch up onto the step.



Going Down Stairs

Hold the handrail with one hand and a cane or crutch in the other. Step down with your operated leg, along with your cane or crutch. Step down with your non-operated leg.





My Hip is Getting More Stiff and Sore! What do I do?

If you have any of the following after you are discharged from hospital, see your health care provider or go to a walk-in clinic right away.

- increasing redness around your hip
- increased temperature around your hip
- increased incision drainage
- generally feeling unwell

If you are experiencing an increase in hip stiffness and no increase in range of motion, are you:

- **Doing enough exercises?** If your hip is becoming stiffer, increase the frequency of exercises you are doing. You must hold the stretch for 20 to 30 seconds at the end of your range of motion. It is normal to have pain while doing the exercises.
- **Taking your pain medication as prescribed in the hospital?**
- **Icing your hip frequently?** Ice your hip for 10 to 15 minutes, especially after the exercises. You can ice every 1 to 2 hours.
- **Elevating your leg above your heart level?** Lay down on a bed or sofa with your entire operated leg elevated for 20 minutes, 2 to 3 times every day.
- **Doing too much other activity?** A sudden increase in activity is a reason for an increase in hip swelling and stiffness. Take more rest breaks.
- **Staying in one position for too long?** Change positions regularly because staying in one position for too long can increase your stiffness.

Immediate Post-Operative Exercises

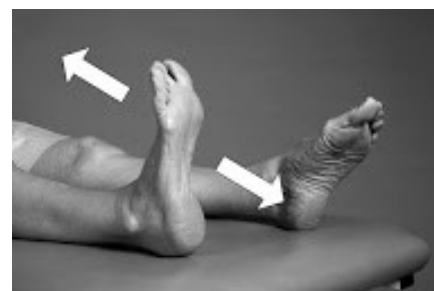
Breathing Exercises

- Sit or lie down on a bed.
- Inhale deeply through your nose.
- Without exhaling, take 3 small “sniffs” to fill your lungs.
- Hold 2 to 5 seconds. Exhale.
- Do this 10 times every hour that you are awake while in hospital.



Circulation Exercises

- Pump your feet up and down.
- Do this 10 times every hour that you are awake while in hospital.





Knee Squeezes

- With your legs straight out in front of you, squeeze the muscles on the front of your thighs and buttock muscles.
- Hold for 3 seconds. Relax. Repeat 10 times, 3 to 4 times every day.



Ankle Circles

- Rotate your feet in each direction.
- Do this 10 times every hour that you are awake while in hospital.

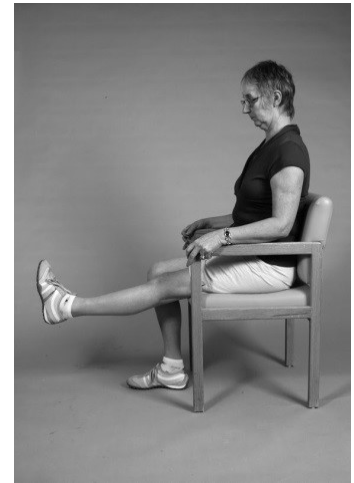


Hip Exercises

You begin these exercises while in hospital and continue to do them at home once discharged.

Seated Knee Straightening

1. Sit in a chair or on your bed with good posture.
2. Pull your toes up and straighten your knee to lift your leg.
3. Hold for a count of 5 then slowly lower your foot.
4. Alternate with the other leg.
5. Start with 10 repetitions. Gradually progress to 30 repetitions on each leg, 2 times every day.



Knee Squeezes .

1. Lie on your back. You can place a small roll under your knees.
2. Pull your toes up, push the backs of your knees down tightening your thigh muscles. Gently squeeze your buttock muscles as well.
3. Hold for a count of 5. Relax.
4. Start with 10 repetitions. Gradually progress to 30 repetitions, 2 times every day.



Knee Straightening

1. Lie on your back with a roll under the knees. The roll should be about 6 to 8 inches in diameter—a coffee can works well.
2. Pull your toes up and lift your heel, straightening your operated knee. Keep the back of your knee on the roll.
3. Hold for a count of 5 then slowly lower your foot.
4. Alternate with your other leg.
5. Start with 10 repetitions each leg. Gradually progress to 30 repetitions, 2 times every day.



Knee and Hip Bending

1. Lie on your back.
2. Keep your toes pointed toward the ceiling as you slide the heel of your operated leg toward your buttocks.
3. Hold for a count of 5. Slowly slide your foot back to the starting position.
4. Alternate with the other leg.
5. Start with 10 repetitions. Gradually progress to 30 repetitions on each leg, 2 times every day.



Sideways Leg Slide

1. Lie on your back.
2. Keep your toes and kneecap pointed toward the ceiling as you slide your legs apart.
3. Hold for a count of 5. Slowly slide your legs back to the middle.
4. Start with 10 repetitions. Gradually progress to 30 repetitions, 2 times every day.




Hip Stretch

1. Lie on your bed. Move close to the side of the bed so that you can hang your operated leg down off the side. Your thigh should be supported by the bed. The opposite knee is bent and the foot is flat on the bed.
2. You should feel a stretch in the front of your operated leg.
3. Let your leg hang off the side of the bed. Relax in this position for 5 minutes. **Do not** swing the operated leg back and forth. Do this stretch 2 to 3 times every day.

If the stretch is too intense, start with 2 to 3 minutes and increase the time as you are able.





DO NOT
start these exercises until
directed by your physiotherapist

Mini-Squat

1. Stand tall with good posture, feet shoulder width apart.
2. Using a chair or counter for balance, start squat by bending at your hip.
3. Bend knees slightly, lowering into a mini-squat.
4. **Do not** bend your hip past 90°.
5. Hold the squat position for a count of 5. Return to standing.
6. Start with 10 repetitions. Gradually increase to 30 repetitions, 2 times every day.



Standing Hip Extension

1. Stand tall and use a chair or counter for support.
2. Keeping your knee straight, lift the leg backwards from the hip. Keep your toes pointing forward.
3. **Do not** bend forward at the hip. Keep your trunk upright.
4. Hold the leg lift for a count of 5 then return to the starting position.
5. Start with 10 repetitions. Gradually increase to 30 repetitions, 2 times every day.

Progression: Add a resistance band or ankle weight.





Standing Hip Abduction

1. Stand tall and use a chair or counter for support.
2. Keep your toes pointed forward. Lift one leg out to the side.
3. Keep your trunk upright. **Do not** lean over.
4. Hold the leg lift for a count of 5. Return to the starting position.
5. Start with 10 repetitions. Gradually increase to 30 repetitions, 2 times every day.

Progression: Add a resistance band or ankle weight.



Standing Hip Flexion

1. Stand tall and use a chair or counter for support.
2. Stand on your non-operated leg and lift your operated leg off the floor, bending at the hip and knee.
3. **Do not** bend past 90° at the hip.
4. Start with 10 repetitions. Gradually increase to 30 repetitions, 2 times every day.

Progression: Add a resistance band or ankle weight.



Side Stepping

1. Stand facing kitchen table or counter.
2. Use hands on table or counter for balance.
3. Slowly step sideways leading with your operated leg.
4. Go the length of the counter or around the table.
5. Repeat in the other direction.
6. Repeat the exercise until your operated leg feels tired. Repeat 2 times every day.

Calf Raise

1. Stand tall and use a chair or counter for support as needed.
2. Rise up onto your tip toes, lifting your heels off the ground.
3. Stay on your toes for a count of 5. Lower your heels.
4. Repeat 10 times. Gradually progress to 30 repetitions, 2 times every day.





Balance

1. Stand tall and use a chair or counter for support.
2. Lift 1 leg off the floor, maintaining your balance.
3. Try to hold the position for 5 seconds to start, work up to holding the position for 30 seconds.
4. Repeat the exercise until your leg feels tired. Repeat on the other leg, 2 times every day.



Step Up Taps

1. Stand tall in front of a step.
2. Shift weight to non-operated leg.
3. Lift operated leg and tap foot on step. Return foot to starting position.
4. Alternate legs.
5. Start with 10 repetitions. Gradually increase to 30 repetitions, 2 times every day.



Lateral Step Up

1. Stand sideways next to a step with the operated leg on the step.
2. Step up by straightening the knee of the operated leg.
3. Slowly lower the non-operated leg back to the floor by bending the operated knee.
4. Start with 10 repetitions. Gradually increase to 30 repetitions, 2 times every day.



Side-Lying Hip Abduction

1. Lay on your non-operated side with a pillow between your knees. Bend the bottom knee for support.
2. Keeping your toes pointed forward, lift the top leg.
3. Keep your pelvis rolled slightly forward. Do not let your hips roll back.
4. Hold the leg lift for a count of 5. Slowly lower the top leg to the starting position.
5. Start with 10 repetitions. Gradually increase to 30 repetitions, 2 times every day.



Progression: Add an ankle weight



Clamshell

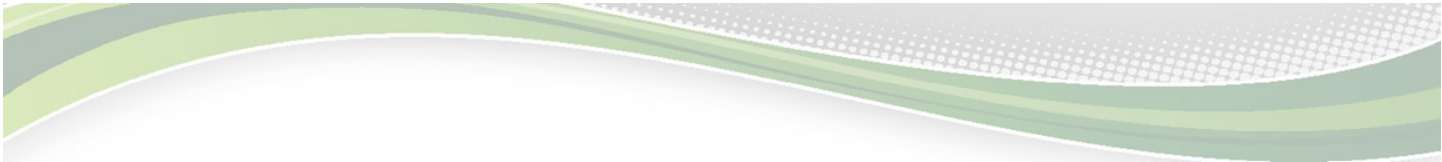
1. Lay on your non-operated side with a pillow between your knees and your hips and knees slightly bent.
2. Keep your feet together as you separate your knees.
3. **Do not** let your hips roll forward or back.
4. Hold for a count of 5.
5. Start with 10 repetitions. Gradually increase to 30 repetitions, 2 times every day.



Bridge

1. Lay on your back with your knees bent and your arms at your sides.
2. Tighten your abdominal muscles then lift your hips up by squeezing your thigh and buttock muscles.
3. Hold the bridge for a count of 5. Slowly lower your hips.
4. Start with 10 repetitions. Gradually increase to 30 repetitions, 2 times every day.





Prone Hip Extension - Bent Knee

1. Lie on your stomach on a bed.
2. Bend your operated leg knee and lift your leg from the hip toward the ceiling.
3. Keep the front of your hips against the bed.
4. Hold for 5 seconds. Return to the starting position.
5. Start with 10 repetitions. Gradually increase to 30 repetitions, 2 times every day.



Progression: To make this exercise more challenging, add an ankle weight



Resuming an Active Lifestyle

Activities allowed at 6 weeks after surgery:

- Cycling on a recumbent bike - make sure the seat is far back enough that your hip is not bending past 90° when pedaling.
- Swimming - your incision must be well healed before you swim to avoid infection. **Do not** do whip kicks.
- Driving - talk with your surgeon about when you can begin driving.

Activities allowed at 12 weeks after surgery:

- Golfing.
- Gardening - raised garden beds and long handled tools are recommended to avoid excessive hip bending.
- Sitting in the bathtub - grab bars strongly recommended.
- Gentle dancing.
- Cycling on a regular bike - raise the seat to prevent excessive hip bending.
- Unrestricted sexual activity.

Talk to your surgeon about high impact activities (e.g. skiing and tennis). Only do high impact activities such as jogging or racquetball after your surgery if specifically approved by your surgeon.

General Fitness

You can return to the activities you used to do before your surgery, following the guidelines above. Keep your current hip precautions in mind.

Remember to start slowly as you have been less active since your surgery. Start with a few minutes of activity and gradually progress.

Low impact activities are best, such as swimming, biking, and walking. Talk to your physiotherapist about specific questions you have.



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