

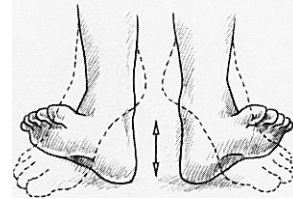
# REHABILITATION AFTER HIP REPLACEMENT

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The following exercises will help you regain normal hip movement and muscle strength after a hip replacement operation. You should exercise for 15-20 minutes, two or three times a day.

## Ankle exercises

Either sitting or lying down, move your feet slowly upwards and downwards as far as you can (bringing your toes up towards you and then pushing them down away from you). Repeat several times.



## Hip abduction exercises

Lying on the bed or on the floor, move your leg outwards, sliding it away from you as far as possible. Then return your leg to the starting position, and repeat the exercise with your other leg. Your leg should be completely straight, with your foot pointing upwards.



## Bending your knee

Lie down and slide the heel on your operated side towards your buttock, bending your knee. Your foot should stay flat on the floor. When you have bent your knee as far as you can, hold the position for 10 seconds and then slide your foot back until your leg is straight. Do not let your knee move from side to side as you bend.



## Leg raises

Lie down on a flat surface. With your leg completely straight, contract your thigh muscles. Raise your heel 10-15cm off the floor. Hold this position for 5-10 seconds, then lower your leg, checking that your leg remains straight.

