

REHABILITATION AFTER HIP REPLACEMENT

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STANDING EXERCISES

Hold onto a stable surface (eg a table) with your operated hip on the outside. Every exercise should be repeated 10 times.

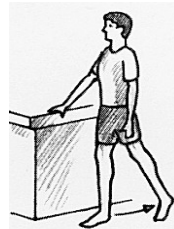
Hip abduction exercises

Place your feet firmly on the floor facing forwards, keeping your knees straight and your body upright. Lift the leg furthest from the table outwards and hold it for 5 seconds, then lower it slowly.



Hip extension exercises

Keeping your spine straight, move your outside leg backwards, lifting your foot off the floor (without bending your knee). Hold this position for 5 seconds, then bring your leg back to the starting position.



Knee raises

Raise your outside knee in front of you until it is at waist height. Hold the position for 5 seconds, then slowly lower your knee.



Bending your knee behind you

Bend your knee as far as possible, trying to bring your heel up towards your buttocks. Your thigh should stay in line with your hip.



Marching on the spot

Lift each knee alternately towards your chest, as if you were marching but staying fixed on the spot.

