

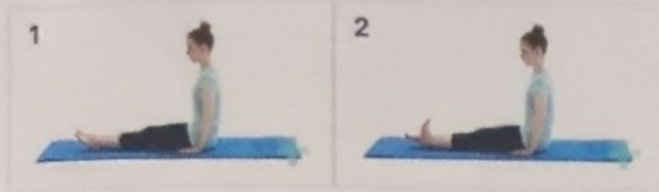
## Total Hip Replacement 1

1 Set / 10 Reps / 10 s hold

### 1. Static quadriceps

Sit upright on your bed or the floor, with your legs out straight in front of you. Point your toes directly up to the ceiling. Tighten your thigh muscle, pushing the back of your knee down into the floor. You should be able to see the muscle tensing. Relax and repeat.

*Complete this exercise on the bed rather than the floor.*



1 Set / 10 Reps / 1 s hold

### 2. Hip and knee flexion Supine

Lie on your back with your legs straight. Slide your affected foot in towards your bottom, bending your hip and knee. Keep your knee pointing to the ceiling and then slowly lower back to the start position. Relax and repeat.

*Don't bend your hip past 90 degrees. Be careful of this if you are sat upright in the bed.*

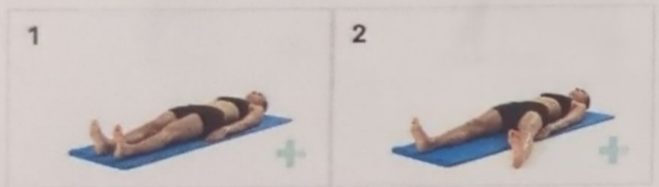


1 Set / 10 Reps / 1 s hold

### 3. AROM hip abduction supine

Lie on your back with your legs straight and your toes pointing upwards. Move your affected leg out to the side as far as you comfortably can and then bring it slowly back in to the start position. Do not allow this leg to cross the centre line and keep your toes pointing upwards. Relax and repeat.

*Complete on the bed rather than the floor.*



1 Set / 10 Reps / 10 s hold

### 4. Inner range quadriceps

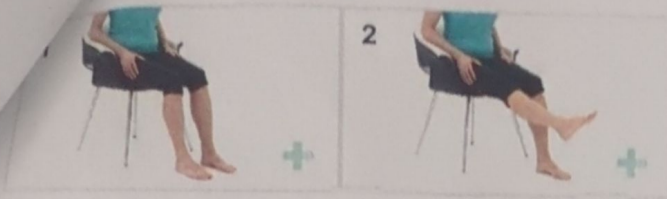
Sit upright with your legs out in front of you. Place a yoga block under your affected knee. Slowly lift your heel up off the floor, straightening your knee while keeping the back of your leg on the towel. Hold this position, then control the movement as you lower the foot back down again.

*Complete on the bed rather than the floor.*



**5. Knee extension in sitting with hold**

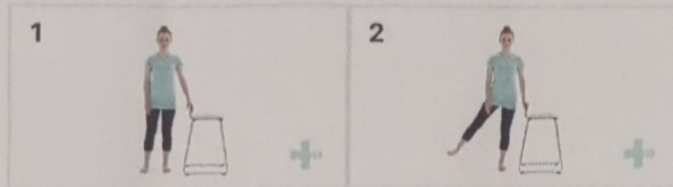
Start in a seated position with your legs stretched out.  
Stretch out your affected knee as far as possible.  
Hold, and then return to the starting position.



1 Set / 10 Reps / 1 s hold

**6. Stand hip abduction**

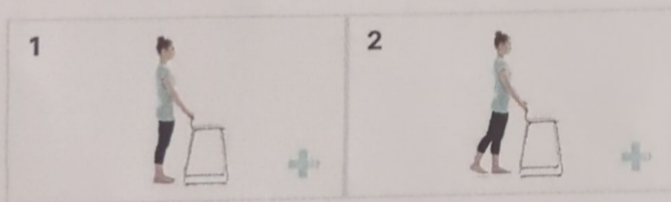
Stand up straight holding on to a supportive surface.  
Keeping your legs straight, slowly take your affected leg out to the side.  
Do not allow your body to lean or your pelvis to twist.  
Control the movement as you lower your leg back down to the starting position.



1 Set / 10 Reps / 1 s hold

**7. Standing hip extension (active)**

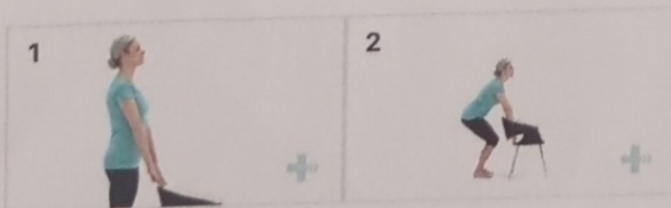
Stand up straight holding onto a supportive surface.  
Keep both legs straight.  
Slowly take your affected leg backwards, tightening your buttock muscles as you do this.  
Do not lean your body forwards as you do this movement.  
Control the movement as you bring your leg back to the starting position.  
*Keep your knee straight throughout this movement.*



1 Set / 10 Reps

**8. Gentle squat**

Stand behind a chair.  
Reach your hands forward onto the back rest.  
Bend both knees into a squatting position, allowing your hand to slide over the back rest.  
Push through your legs and return to standing.  
Repeat.  
Return to the starting position.





**9. Active hip flexion in standing**

Alternate bringing one leg up then the other, making sure you press your knee back on the other side.

1 Set / 10 Reps



**10. Heel raises**

Hold on to a solid object with your legs hips width apart. Keeping your knees straight, rise up on to your toes, and control the movement as you lower back down.