

### HALF SQUATS :

Stand holding onto something solid, a chair or table. Bend both the knees as far you can bend comfortably, then return to the upright position. Repeat 10 times.



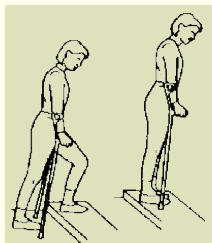
### CYCLING :

Use an upright, not a recumbent (reclined) bike because hips bend less on an upright bike; Ensure, by raising the seat that bike doesn't force hip to bend more than 90°, and do not lean forward over the handlebars; Cycle forwards and backwards initially. Slowly add light resistance or tension once you are comfortable.



### STAIRS CLIMBING UP : SEQUENCE

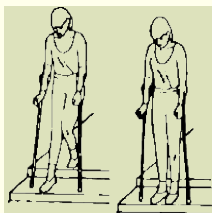
Place the crutches in one hand and hold onto the rail with other. Going up you should place the un-operated leg on the step above first, followed by your operated leg and crutch or stick



Un-operated leg>Operated leg>Elbow Crutch/stick

### STAIRS CLIMBING DOWN : SEQUENCE

Coming down stairs you should place your operated leg together with your crutch/stick onto the step below first, followed by your un-operated leg last.

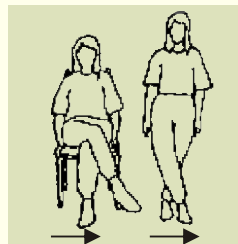


Elbow Crutch/Stick>Operated leg>Un-operated leg

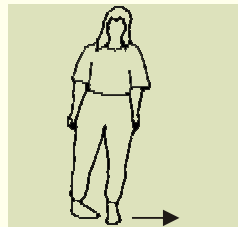
### BAD POSTURE : "AVOID THE FOLLOWING"

REMEMBER SOME PRECAUTIONS AFTER TOTAL HIP REPLACEMENT

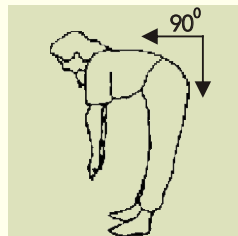
- Don't cross your operated leg across the midline by crossing your leg and ankles.



- Do not allow the knee or toes of your operated leg to turn inward when standing, sitting or lying down



- Don't bend your hips past 90 degrees. Do not bend over at the waist or bring your operated leg up toward your chest to any more than right angle 90°.



- Use a pillow between the legs when lying on un-operated leg.



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# TOTAL HIP REPLACEMENT EXERCISE GUIDE



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Exercises after total hip replacement helps in speedy recovery by reducing perioperative swelling, controlling pain and preventing vein clots. They also help in regaining strength and improving balance. Do the exercises 2 - 3 times a day. **WALKING IS THE BEST EXERCISE**, but should be done in long corridors, park or driveway and not inside the room. **NO EXERCISE SHOULD BE FORCEFUL OR PAINFUL.**

## EXERCISES IN BED

### ANKLE PUMPS :

Flex and extend your ankles. Also circle you ankles in both directions while you tighten your calf and knee muscles. Do this exercise as often as possible, as it helps reduce leg and thigh swelling.



### LOWER BUTTOCK SQUEEZE :

Lie on your back with legs straight, squeeze lower buttocks together gently, and hold for 10



seconds. Repeat 15 times.

### STATIC QUAD EXERCISE :

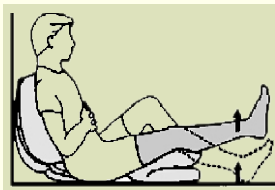
Pull your toes and ankles towards you, while keeping your leg



straight and pushing your knee firmly against the floor. Hold for 10seconds and relax. Repeat 15 times.

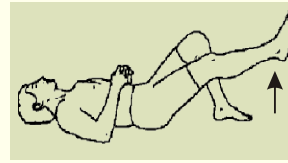
### SHORT ARC QUAD EXERCISE :

Take a round pillow or roll up a sheet and place it under your knee. Keep the back of your thigh on the pillow / towel and straighten your knee to raise your foot off the floor. Hold for 10seconds and then lower slowly. Repeat 15 times. Later you can add weights on the leg while doing the exercise.



### STRAIGHT LEG LIFTS :

While in bed, bend your non-operated leg, and lift your operated leg with knee straight, several inches above bed. Hold for 10 seconds. Slowly lower, repeat 15 times.



### BED SUPPORTED KNEE BEND :

Lie in bed with your legs stretched out in front of you. Bend your hip while you slide the heel of your operated leg on the bed. Do not let your hip bend more than a right angle. Slide your heel back down again. Repeat 15 times.



### HIP ABDUCTION IN BED :

Sit or lie with your legs stretched out in front of you. Gently raise your operated leg few inches above bed, while keeping knee straight and move out to the side. Return to the start position. Relax completely and repeat 10 times.



### HIP ABDUCTION IN BED (SIDEWAYS POSITION):

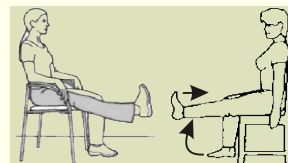
Lie on your non-operated side with a pillow between your legs. Raise the operated leg few inches while keeping your knee straight. Gradually lower it after holding it for 10 seconds. You may need assistant support in the beginning. Later you can add weights on the ankle while doing the exercise.



## EXERCISE WHILE SITTING

### SITTING QUADRICEPS :

Sit on a high chair or bed. Keeping your thigh on the chair, lift your leg up until your knee is straight. Hold for 15 seconds. Later you can add weights on the ankle while doing the exercise. Repeat 15 times.



### KNEE FLEXION WHILE SITTING :

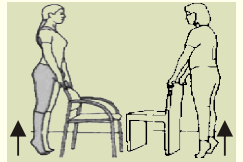
Sitting in the chair, with your foot on the floor bend the knee as far as possible. Hold for 10 seconds, and then relax. Repeat 15 times. Later can use a teraband / towel / chunni to put pressure on your leg while bending the knee.



## EXERCISE WHILE STANDING

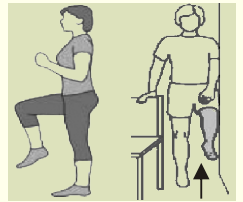
### TOE STANDING/HEEL RAISE :

Keeping your knees straight, lift up on to the tips of your toes and hold for five seconds. This will help to strengthen your calf muscles. Repeat 15 times.



### HIP FLEXION :

Hold onto a support. Bend your knee up towards your chest as far as you can but not bending beyond 90 degrees, gradually lower your leg. Repeat 15 times.



### HIP ABDUCTION :

Hold onto a support, stand on your good leg and lift the operated leg out to the side. Hold for 10 seconds, then lower slowly and relax. Repeat 10 times. Later you can add weights on the ankle while doing the exercise. When doing this exercise keep your toes pointing forwards and do not lean over to the other side.



### HIP EXTENSION :

Stand upright and avoid leaning forward while holding onto a support; bend the knee on the operated side backwards by lifting heel up towards buttock as far as possible. Hold for 10 seconds and relax. Repeat 10 times.

