

Phase 2 Hip Exercises

Exercise is part of a successful surgery and getting back to normal, everyday living. Continue with any of the previous exercises you feel are helpful.

Do these exercises on both legs so both legs are getting strong. Do all exercises slowly and with control. Repeat each exercise at least 5 times, and gradually increase the repetitions and resistance, as long as it doesn't hurt too much. Do not force your new hip movement into an uncomfortable range.

Maintain proper leg alignment when doing the exercises (ankle in neutral, knee in line with second toe, hips level, and trunk straight – do not twist or lean)

3-4 sets/day, 5-15 repetitions each

Exercise #1 Clamshell

1. Lie on your side with hips and knees bent and a pillow between your knees.
2. Keep your feet together. Remember **not** to twist or use your back muscles.
3. Lift the top knee off the pillow like a clam shell opening.
4. Hold for a count of 3 to 5 and slowly lower the knee to the pillow.
5. Repeat.



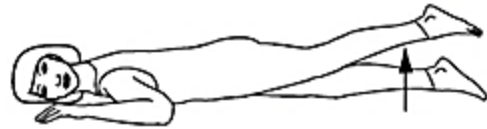
Exercise #2 Hip Flexion

1. Lie on your back and bend one leg.
2. Tighten your stomach muscles and lift your bent leg, being careful not to bend it more than 90°.
3. Keeping your stomach muscles tight, slowly lower the leg back to the starting position.
4. Repeat.



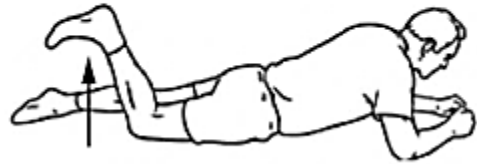
Exercise #3 Hip Extension

1. Lie on your stomach. Put a small flat pillow under your stomach.
2. Tighten your buttocks and lift one leg.
3. Hold for a count of 3 to 5 and slowly lower your leg.
4. Repeat.



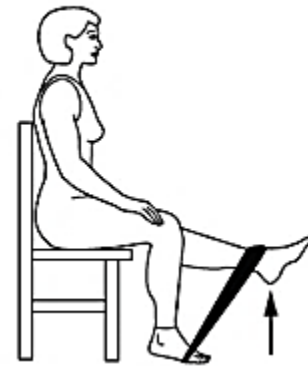
Exercise #4 Knee Flexion

1. Lie on your stomach, with your legs straight.
2. Bend one leg, lifting the heel toward your buttocks.
3. Slowly lower your leg to the starting position.
4. Repeat.



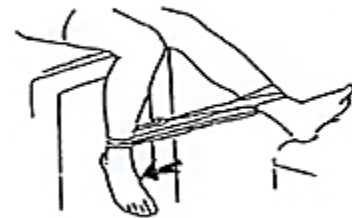
Exercise #5 Resisted Knee Extension

1. Sit in a steady chair and put the elastic loop around both ankles.
2. Lifting your foot, straighten your leg while keeping the other foot on the floor as you stretch the elastic loop.
3. Slowly lower your foot back to the starting position.
4. Repeat.



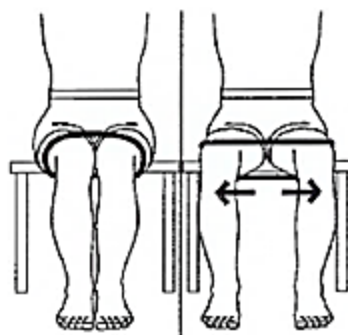
Exercise #6 Resisted Knee Flexion

1. Sitting in a steady chair, put the elastic loop around both ankles.
2. Put one foot on a stool and pull the opposite foot back under the chair, stretching the elastic. Keep the other foot steady as you stretch the elastic.
3. Slowly return to the starting position.
4. Repeat.



Exercise #7 Hip Abduction

1. Sit in a steady chair, put the elastic loop around both thighs, and keep both feet flat on the floor.
2. Pull your legs apart, sliding your feet along the floor to stretch the elastic loop.
3. Hold for a count of 3 to 5 and slowly move your legs together to the starting position.
4. Repeat.



Exercise #8 Resisted Hip Abduction

1. Place one end of the elastic loop around a table leg and the other end around one ankle.
2. Hold onto the table for balance and stand straight.
3. Keep your leg straight. Squeeze your bum muscles as you pull your ankle sideways away from the table to stretch the elastic loop.
4. Hold for a count of 3 to 5 and slowly return to the starting position.
5. Repeat.



Exercise #9 Resisted Hip Extension

1. Put one end of the elastic loop around a table leg and the other end around your ankle.
2. Hold onto the table for balance and stand straight, facing the table.
3. Keeping your leg straight, pull your ankle back and away from the table to stretch the elastic loop.
4. Hold for a count of 3 to 5 and go back to the starting position.
5. Repeat.



Exercise #10 Resisted Hip Flexion

1. Put one end of the elastic loop around a table leg and the other end around your ankle.
2. Hold onto the table for balance and stand straight, with your back to the table.
3. Keeping your leg straight, push your ankle forward, away from the table to stretch the elastic loop.
4. Hold for a count of 3 to 5 and slowly go back to the starting position.
5. Repeat.



Exercise #11 Step Up

1. Place a solid object 5 to 10 cm (2 to 4 inches) thick on the floor to use as a step.
2. Hold onto a table or counter for balance, and step forward and up onto the object.
3. Slowly step back down.
4. Repeat.



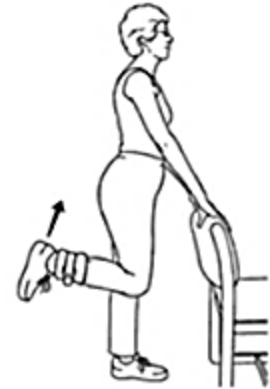
Exercise #12 Weight Transference

1. Place a solid object 5 to 10 cm (2 to 4 inches) thick on the floor to use as a step.
2. Holding onto a table or counter for balance, step sideways, and up onto the object.
3. Slowly step back down.
4. Repeat.



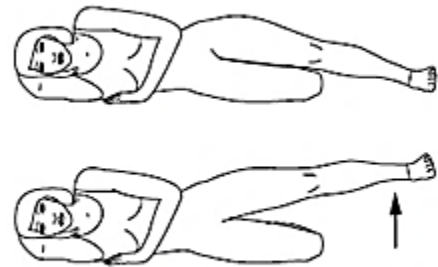
Exercise #13 Hamstring Curl

1. Holding onto a table or counter for balance, shift your weight onto your operated leg as you lift the other foot off the floor. Stay level—try to keep your knees apart. Don't lean or tip to one side as you move.
2. Try to balance on your leg for 30 seconds.
3. Lower your foot to the floor.
4. Repeat 5 times.



Exercise #14 Progression from Clamshell

1. Lie on your side, with the bottom leg bent to stop you from rolling onto your back.
2. Keeping the top leg straight, lift it toward the ceiling making sure not to roll forward or backward. Keep your knee facing forward.
3. Slowly lower the leg.
4. Repeat



Activity Guidelines Following Hip Replacement

First 3 months

- Walking
- Phase 1 exercises
- Phase 2 exercises: start when your case manager or physiotherapist tells you to

After 3 months

- Swimming and other pool exercises: Careful not to do any twisting motions such as a whip kick
- Low-impact fitness exercises that **don't** involve jumping, twisting, quick starts or stops, or other movements that put sudden force on your hip
- Walking on a treadmill
- Golfing
- Cycling: the seat and handlebars must be set high enough so that you don't have to bend your hip more than 90°
- Slow, gentle dancing (avoid pivoting or twisting)
- Light hiking
- Gardening with raised beds or long handled tools or devices so you don't have to bend your hip more than 90°

Activities NOT to do

- Do not lift or push heavy objects (25lbs or 11kg)
- Do not do any activities involving jumping, twisting, quick starts and stops, or other movements that put sudden force on your hip
- Do not do contact sports

*The above listed are **guidelines only**, please speak to your surgeon about any sports or other activities you wish to do.