

Total Hip *Replacement*

Exercise Book: *Weight Bearing as Tolerated*

Patient's Name: _____

Surgeon's Name: _____

Date of Surgery: _____

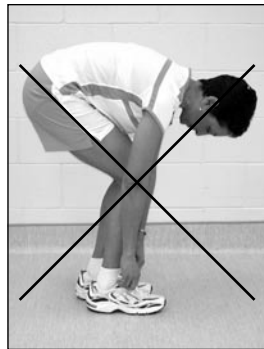
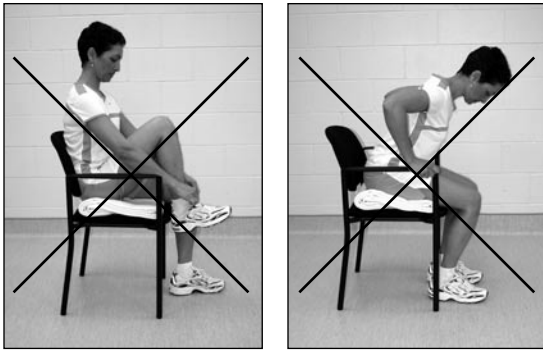
Physiotherapist's Name: _____



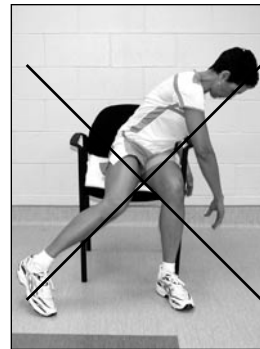
Hip Precautions

The hip precautions below are to be followed *at all times* for the next 6 to 8 weeks, unless otherwise instructed by your surgeon. At your follow-up visit, you will be advised as to whether you must continue with the precautions or whether you can discontinue them.

DO NOT *Bend Beyond 90 Degrees at the Hip*



DO NOT *Twist at the Waist*



DO NOT *Cross Your Legs*



Walking and Early Activity

After your surgery you will begin to walk short distances in your room and perform light activities with assistance. It is important that you know your “weight bearing” status when you begin to walk.

Weight Bearing As Tolerated:

Stand as straight as you can with your weight evenly through your legs. You are allowed to put as much weight (on your operated leg), as you feel comfortable with.

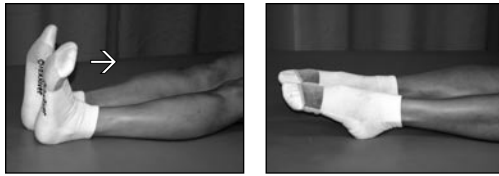
Immediate Postoperative Exercises

You may begin the following exercises immediately after your surgery, as they are important for:

- Helping to prevent complications with your breathing
- Helping to prevent blood clots in your legs
- Increasing your circulation

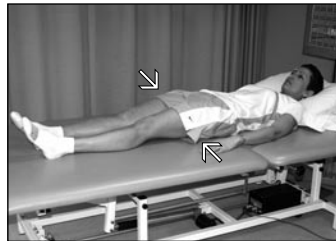
1. Deep Breathing and Coughing Exercises

Until you are up and moving well take at least 10 deep breaths, followed by a cough, every hour that you are awake.



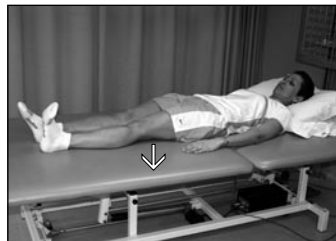
2. Ankle Pumping

Move your feet up, down and in circles.
Repeat 50 times every hour that you are awake.



3. Buttock Contractions

Tighten your buttock muscle and hold for a count of 5 seconds.
Repeat five to ten times, three to four times each day.



4. Static Quadriceps Strengthening

Tighten the muscle on the front of your operated thigh
by pressing your operated knee into the bed.

Learning to Move

After surgery, plan ahead. Take pain medication ahead of time.



Lying down:

Your nurse or physiotherapist will show you how to safely turn on your unaffected side. When lying on your side put a pillow between your legs for the first 6 weeks.

Getting in and out of bed:

1. Sit down on the bed in the same manner as you would sit in on a chair.
2. Slide your buttocks backward until your knees are on the bed.
3. Pivot on your buttocks as you lift your legs onto the bed.
4. Use a pillow to keep your legs apart when lying in bed.

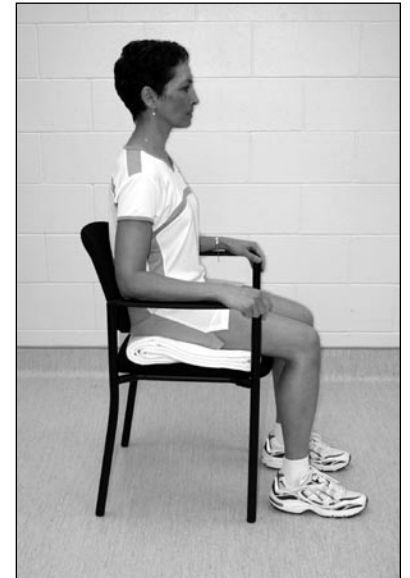
Reverse the procedure to get out of bed.



Learning to Move Continued

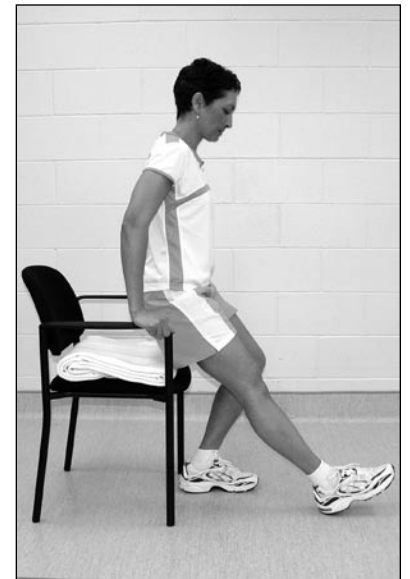
Sitting

1. Sit on a firm, straight back chair with arm rests.
2. Sit in chairs higher than knee height.
3. Do not sit on soft chairs, rocking chairs, sofas or stools.



Standing

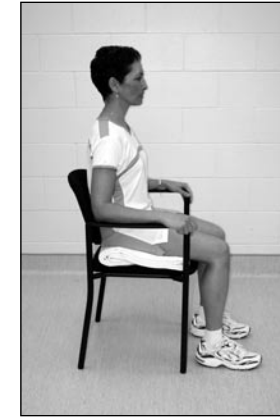
1. Move your buttocks to the edge of the chair so that your feet are flat on the floor.
2. Bend your non-operated leg under you to hold your body weight.
3. Keep your operated leg straight out in front of you.
4. Do not bend forward.
5. With your hands, push off the surface you are sitting on.
Put all of your weight on your non-operated leg.



Learning to Move Continued

Sitting down:

1. Feel for the chair or bed with the back of your legs.
2. Reach for the armrests.
3. Lower yourself down keeping the operated leg straight out taking the weight on your non-operated leg.
4. Do not bend forward.



Using a Walker or Crutches:

Stand up tall and look ahead while you walk.

1. Move the walker or crutches forward first, followed by your operated leg. Then move your unaffected leg forward.
2. Put your weight on the walker or crutches to take the weight off your operated leg when you step onto it. Follow your own weight bearing instructions when using a walker or crutches.



How to Manage Stairs

While you are in hospital, your physiotherapist will teach you how to climb stairs.

1. A handrail will make things easier and safer for you. Simply place one hand on the railing, and hold both crutches on the other side of your body.
2. If no handrail is available, use one crutch on each side of your body. Follow the same sequence as above.
3. As your hip range of motion and strength improves you will eventually be able to resume “normal” stair climbing



To go up the stairs:

- Keep the cane/crutches with the operated leg.
- Start close to the bottom step, and push down through your hands.
- Step up to first step, the non-operated leg goes up first.
- Step up to the same step with the operated leg and crutches, putting only the advised amount of weight through your operated leg.



To go down stairs:

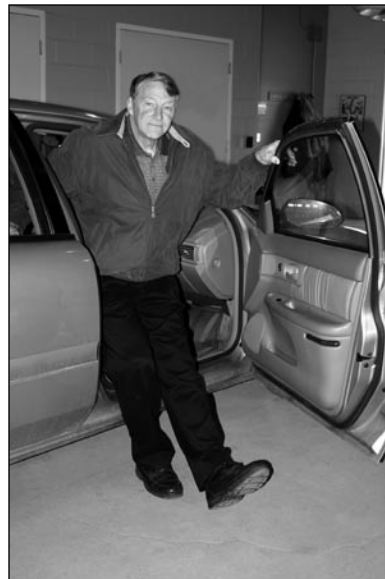
- Start at the edge of the step.
- Bring the cane/crutches and your operated leg down to the next step.
- Use upper body strength to support your weight and keep your balance.
- Step down to the same step with the non-operated leg, putting only the advised amount of weight through your operated leg.

Check your balance each time before proceeding to the next step.

Getting into a car:

1. Move the seat back as far as it goes, and recline it slightly. Reclining the back of your seat will help you keep your operated hip straight when bringing your legs into the car.
2. Back up close to the seat and place one hand on the back of the seat and one hand on the dashboard for support.
3. Sit down slowly keeping your operated leg straight.
4. Slide back as far as you can go. Swing your legs in, bending your knee to a comfortable position.

Tips: adding a firm cushion to the seat will also help you keep your operated hip straight and will help you get in and out of the car easier. You can also put a plastic bag on the seat to help you move easier.



Postoperative Exercises

These exercises begin during your hospital stay and continue on after discharge.

The following exercises will help you to restore normal hip range of motion and strength and improve your recovery.

Repeat sets of each exercise 2 to 3 times a day.

Complete the exercises that are checked off by your physiotherapist

1a. Hip and Knee Bending

- Lie with the head of the bed slightly up, wrap a towel under your operated leg. Pull up on the towel to slide your heel towards your buttocks.
- Keep your heel on the bed.
- Do not go beyond a 90 degree bend at your hip.

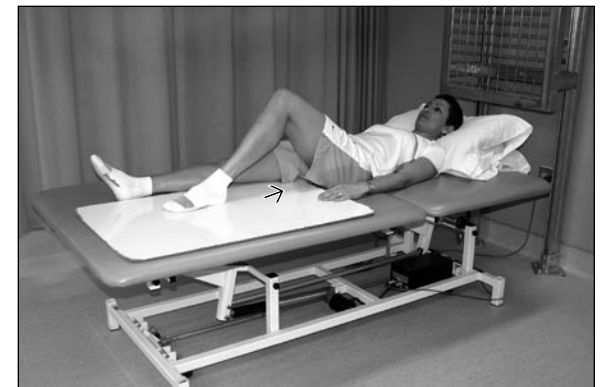
Hold ____ seconds. Repeat ____ seconds.



1b. Progression

- Lie with the head of the bed slightly up.
- Slide your heel towards your buttocks.
- Keep your heel on the bed.
- Do not go beyond 90 degree bend at your hip.

Hold ____ seconds. Repeat ____ times.



Postoperative Exercises Continued

Repeat sets of each exercise 2 to 3 times a day.

□ 2. Isometric Hamstrings

- Press your whole operated leg into the bed.
- Feel the muscles in your buttock and operated leg tighten.
- Do not go beyond a 90 degree bend at your hip.

Hold ____seconds. Repeat ____seconds.



□ 3. Quadriceps Strengthening Over a Roll

- With a towel roll under the knee of the operated leg, lift your heel off the bed.
- Make sure that your thigh does not come off the roll.

Hold ____seconds. Repeat ____seconds.



Postoperative Exercises Continued

Repeat sets of each exercise 2 to 3 times a day.

□ 4. Hip Abduction

- ***Helpful Tip:*** Place a plastic bag under your heel and/or use a bed sheet wrapped around your foot to help you move your leg initially until you are able to move it without assistance.
- Slide the operated leg sideways in bed, keeping your leg pressed on the bed.
- Keep the kneecap and toes pointing up to the ceiling.

Hold ____ seconds. Repeat ____ times.



□ 5. Abdominal Activation

- While you are lying in bed on your back, lift your head slightly and tighten your stomach muscles so that your belly button moves down toward your spine.

Hold ____ seconds. Repeat ____ times.

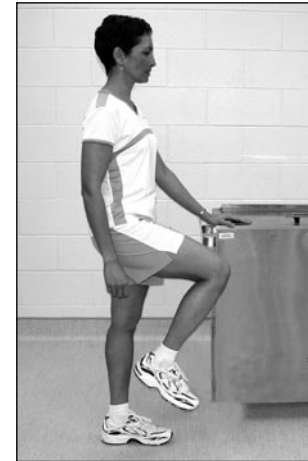


Postoperative Exercises Continued

Repeat sets of each exercise 2 to 3 times a day.

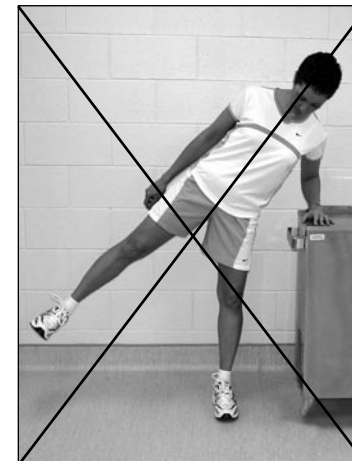
□ 6. Standing Hip Bending

- Stand with support for balance; bend your operated hip by bringing your knee towards your chest.
- Do not go beyond a 90 degree bend.
Hold ____ seconds.
- Slowly lower your leg.
Repeat ____ times.



□ 7. Standing Hip Abduction

- Stand with support for balance; lift your operated leg out to the side while standing tall.
- Keep your hips level. Keep your upper body straight and toes pointing forward.
Hold ____ seconds.
- Slowly return leg to the starting position.
Repeat ____ times.



Postoperative Exercises Continued

Repeat sets of each exercise 2 to 3 times a day.

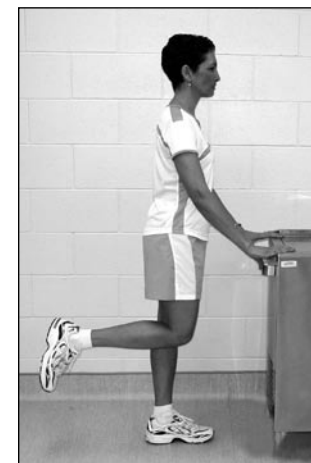
8. Hamstring Curls

- Stand with support for balance; bring the heel of your operated leg towards your buttock. Keep your thighs level with each other.

Hold ____ seconds.

- Slowly return leg to the starting position.

Repeat ____ times.



9. Standing Hip Extension

- Stand with your hands at your side or holding something for support, lift your operated leg backwards, keeping your knee straight.
- It is important to remain standing up tall.

Hold ____ seconds. Repeat ____ times.



Progression and Safety Guidelines

The following sections of exercises are more challenging. You may begin these exercises after the post operative exercises have become relatively easy. You may require the help of a physiotherapist to ensure the exercises are being done correctly.

- The following exercises and activities will help your hip muscles regain strength and endurance, and allow you to achieve a complete recovery.
- It is a good idea to add one new exercise at a time so you can monitor its effect on your hip.
- As a guide, soreness related to exercise should diminish within 2 hours of completing the exercise program. If you continue to experience exercise related soreness after more than 2 hours then you must reduce the intensity of the exercises. This can be done by reducing the number of repetitions, or by being gentler in how you perform the exercise. In some cases you may have to stop an exercise completely if it causes intense or unusual pain.
- If you find that an exercise is no longer challenging you might progress by:
 1. Increasing the number of repetitions gradually
 2. Increasing the number of sets (1 set = one group of repetitions)
- It is more important to increase the intensity (e.g. number of repetitions, or adding weight) of the exercises that strengthen your hip muscles. You do not have to increase the intensity of the exercises that stretch your muscles.

*** Remember: This booklet is meant as general guide for your exercises and other aspects of rehabilitation. If you are unsure of a particular exercise, or how to progress the intensity, it is best to clarify it with your Physiotherapist.*

Guidelines for Resuming Activity

The following chart will guide you as to when you can start normal activities. However, there may be some exceptions. Confirm with your surgeon at your 6 week check up regarding progression. Usually at your 6 to 8 week visit the surgeon will advise you when you can stop following your hip precautions.

It is important to gradually introduce the movements that you were taught to avoid after surgery.

For example: You will gradually bend your hip beyond 90 degrees (right angle 'L') using your own muscles to perform the movement. These "new" movements should be done with in your comfort zone. Forceful, passive movements are not permitted.

Walking is an excellent activity and you are strongly encouraged to gradually increase your walking distance after you leave hospital. Walk outdoors as long as sidewalks are dry. Consider going to a mall to walk when the sidewalks are wet and slippery.

At 6 Weeks	At 12 Weeks	Not Recommended	Never
Driving	Bowling/Curling	Downhill skiing	Squash
Stationary bicycling	Outdoor cycling	Cross country skiing (skate style)	Jogging/running
Side lying on operated hip	Gardening	Weight Lifting involving your legs	Raquetball
Lying with a pillow between knees	Sexual activities	Sitting in the bathtub	
	Golf		
	Swimming with Flutter Kick		
	Bending hip more than 90 degrees to put on socks and shoes		
	Use a raised seat/toilet for 12 weeks		

Challenging Exercises

You may begin these exercises after the “Postoperative Exercises” have become relatively easy. You may require the help of a physiotherapist to ensure the exercises are being done correctly.

Repeat sets of each exercise 2 to 3 times a day.

□ 10. Bridging

- Bend both knees up with your feet flat on the bed.
Push through your feet and lift your buttocks slightly off the bed.
- Keep your abdominal muscles tight to avoid arching your lower back.

Hold ____ seconds. Repeat ____ times.



□ 11. Sideway Stepping Exercises

- Stand and practice side stepping. Take a few steps in one direction and then go back in the opposite direction, returning to your starting position. You may use hand support as needed.
- Do not bring your legs too close together or twist your trunk.

Hold ____ seconds. Repeat ____ times.



Challenging Exercises Continued

Repeat sets of each exercise 2 to 3 times a day.

□ 12. Forward/Backward Stepping Exercises

- Stand up tall with your weight on your operated leg. Begin by stepping forward and backward with your non-operated leg. Practice transferring your weight from one leg to the other.
- When able, you can progress to taking 5 to 6 backward steps in a row. Use hand support for safety and balance.

Repeat ____ times.



□ 13. Single Leg Balance

- Attempt to balance on your operated leg. Begin by using a support.
- Progression Exercises:
 1. Increase the amount of time you are balancing while using support. (e.g. aim to balance for 20-30 seconds).
 2. Carefully try to balance without the use of a support.
 3. Gradually increase the amount of time on one leg while NOT using support.



Challenging Exercises Continued

Repeat sets of each exercise 2 to 3 times a day.

□ 14. ¼ Wall Squat

- Place your feet shoulder width apart and at least 6 inches from the wall. Keep your toes pointing straight ahead. Keep your back and shoulders against the wall.
- Slowly bend your knees ¼ of the way down.
- Do not allow your knees to go ahead of your toes.
- You may use support as needed.

Hold _____ seconds. Repeat _____ times



□ 15. Step Exercises

- Place your operated leg onto a _____ inch step.
- Bring yourself up onto the step using the muscles in your operated leg. Do NOT pull yourself up.
- Step down to the floor with the non-operated leg. Make this a slow and controlled movement. Begin with a 2-4 inch step then progress to a 6 inch step and later to an 8 inch step as able.

Repeat _____ times.



Challenging Exercises Continued

Repeat sets of each exercise 2 to 3 times a day.

16. Bridging (Progression from exercise 10)

- As able, progress your bridging by lifting your buttocks AND your non-operated leg straight up off the bed.

Hold ____ seconds. Repeat ____ times.



17 a) Hip Extensor Strengthening

- Lying on your stomach, bend the knee of your operated leg. Lift your leg off the bed slightly. Tighten your abdominal muscles to avoid arching your lower back.

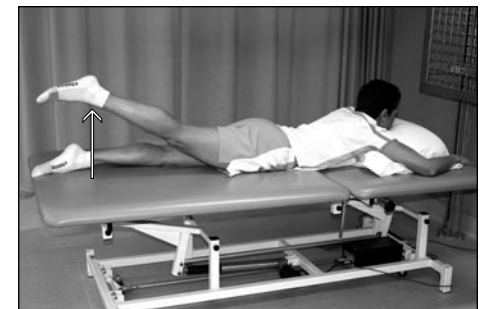
Hold ____ seconds. Repeat ____ times.



17 b) Progression

- Keeping the same position; progress by lifting your operated leg off the bed with the knee straight. Tighten your abdominal muscles to avoid arching your lower back.

Hold ____ seconds. Repeat ____ times.



Challenging Exercises Continued

Repeat sets of each exercise 2 to 3 times a day.

□ 18. Sidelying Hip Abduction

- Lie on your non-operated side; straighten the knee of the top (operated) leg.
- Lift straight leg up to the ceiling.
- Do NOT roll your hips forward or backward.

Hold ____ seconds. Repeat ____ times.



□ 19. Clamshell

- Lie on your non-operated side, bend your hips and knees slightly.
- Separate your knees while keeping your feet together.
- Do NOT roll your hips forward or back.

Hold ____ seconds Repeat ____ times.

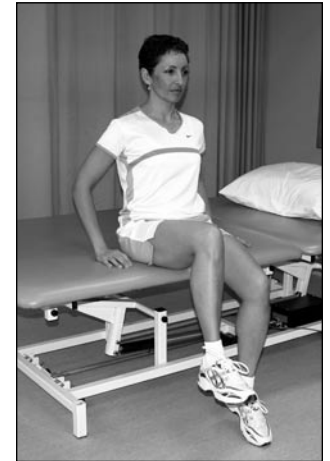


Challenging Exercises - Full Weight Bearing Continued

Repeat sets of each exercise 2 to 3 times a day.

20 a) Hip Flexor Strengthening

- Sit and lift your operated leg up so your foot is off the floor.
Hold ____ seconds. Repeat ____ times.



20 b) Progression

- As you are able, progress this exercise by resisting the movement with your hands.
Hold ____ seconds. Repeat ____ times.



Challenging Exercises - Full Weight Bearing Continued

Repeat sets of each exercise 2 to 3 times a day.

□ 21. Hip Extension with Theraband

- Stand with your feet slightly apart.
- Bring your operated leg backward, with your knee straight, against the resistance of the strap.
- Keep your abdominal muscles tight to avoid arching your lower back.
- Allow your leg to return to the starting position.

Hold ____seconds. Repeat ____times.



□ 22. Hip Abduction with Theraband

- Stand with your feet slightly apart.
- Bring your operated leg out against the resistance of the band.
- Keep your knee straight.
- Allow your leg to slowly return to the starting position.

Hold ____seconds. Repeat ____times.



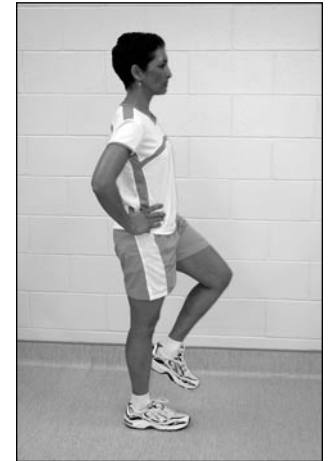
Challenging Exercises - Full Weight Bearing Continued

Repeat sets of each exercise 2 to 3 times a day.

□ 23. Marching in Standing

- Stand and lift your knee up towards your chest, alternating sides so that you are marching on the spot.
- Keep your back straight.
- ***Helpful Tip:*** Perform this exercise in front of a mirror. Ensure that you are NOT rocking from side to side. Perform for one minute.

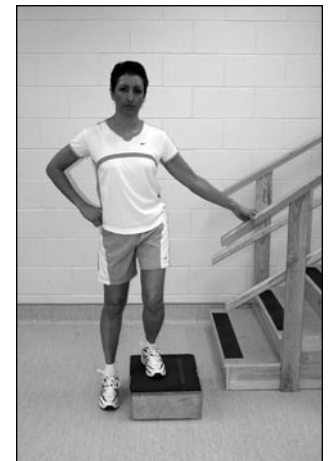
Repeat ____ times.



□ 24. Hip Drop and Lift for Abductor Strengthening

- Stand sideways on a step that has a railing/wall for support.
- Begin with your hips level.
- Keep your operated leg on the step and slowly lower your non-operated leg partway down to the floor.
- Keep your upper body straight.
- Slowly return to the starting position.

Repeat ____ times.



Challenging Exercises - Full Weight Bearing Continued

Repeat sets of each exercise 2 to 3 times a day.

□ 25. Side Stretch

- Begin by standing up tall. Raise the arm of the operated side above your head.
- Stretch side ways away from your operated side.
- In this position take 4 deep breaths to increase the stretch.

Repeat _____ times.



What about my general fitness?

You can return to the activities you used to do before your surgery with the guidelines mentioned above. If you have not been active before your surgery, please consult your family physician before starting to exercise, always keeping in mind any current hip precautions.

It is important to start slowly, as you will not have been as active since surgery. You can begin initially with a few minutes of activity and gradually progress (i.e. either increase the time you are performing the activity or the distance you are covering).

The intensity of your workout should allow you to carry out a conversation or talk comfortably while exercising.

It is best to choose low-impact activities such as swimming, cycling, power walking or Aqua-Fit.

Talk to a physiotherapist if you need more specific advice.

We hope this booklet has helped to give you the information you need on the exercises you will be doing after your total hip replacement. The information comes from the knowledge and experience of your health professionals. Special acknowledgment to Sunnybrook Holland Orthopaedic and Arthritic Centre for sharing their exercise booklets.

Thunder Bay Regional Health Sciences Centre Total Joint Clinical Pathway Team

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