

## Advice after hip surgery (page 1 of 2)



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The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

Author: Katharine Wilcocks  
Role: Physiotherapist  
Date written: September 2007  
Last reviewed: March 2017  
Review date: March 2020  
Version: 2.1  
Code: P11156

The following exercises are designed to maintain or improve muscle strength and joint movement.

Remember that the muscles controlling your hip will get weak if they are not exercised regularly.

Carry out the exercises 3 - 4 times a day.

### Lying exercises



Lying on your back. Bend and straighten your leg.

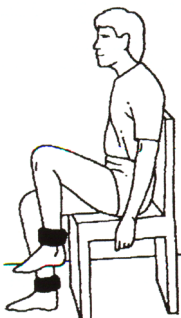
Repeat this 10 times.



Lying on your back. Bring your leg to the side and then back to the mid position.

Repeat this 10 times.

### Sitting exercises



Sitting on a steady chair. Lift your leg up off the seat keeping the knee bent. Return to the starting position.

Repeat this 10 times.



Sitting on a chair. Pull your toes up, tighten the front of your thigh muscle and straighten your knee slowly. Hold this position for approximately 5 seconds.

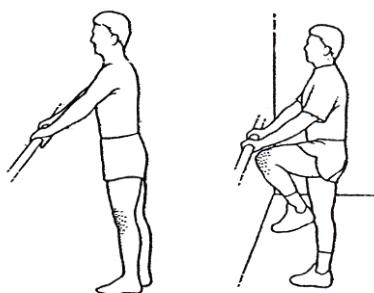
Repeat this 10 times.

*Progress by increasing the hold time*

**Orthopaedic Physiotherapy**  
**01722 336262 ext 3111**

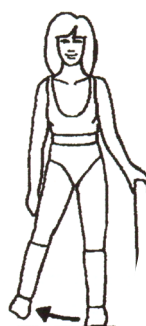
## Standing exercises

Carry out these exercises in a safe environment. Hold onto a steady surface for example a kitchen worktop, wear well fitting, supporting shoes and make sure that you are standing on a firm non-slip surface.



Lift your leg forwards, bending your knee. Do not lean forwards, stand up tall.

Repeat this 10 times.



Lift your leg sideways and bring it back to your trunk, keeping your leg straight throughout the exercise.

Repeat this 10 times.



Lift your leg backwards keeping your leg straight. Do not lean forwards, stand up tall. Repeat this 10 times.

## Will it hurt?

If you do these exercises as instructed by your physiotherapist it should not hurt too much although you may feel some discomfort afterwards which could last for 15 - 20 minutes.

If the exercises cause pain, reduce the number of repetitions for a day or so and build them up gradually.