

Exercise plan :
**Early Post-op Hip
Replacement Exercises**

Patient:
Sulis Exercises

Date:
28th Nov 2025

Practitioner:
Joanna Gotley



Ankle Circles Lying

Lying on your back, move your ankles around in circles both anti-clockwise and clockwise. This is a great mobility exercise to the ankle, and very useful for ankle stiffness following a sprain.

Repeat 20 times | Both sides

Video: http://youtu.be/Za8PFXDFp_M



Static Quadriceps Contraction Lying

Lie flat on your back. Tighten your right thigh (Quadriceps) muscle by actively tensing/squeezing the muscle, noticing that as you do so your leg will naturally straighten slightly. Lift the heel slightly off the floor as you do it, and press your knee into the floor slightly. To finish, just relax the Quadriceps muscle.

Repeat 10-15 times

Video: <http://youtu.be/JuxgB5hct7c>



Inner Range Quadriceps Sitting

Sit on the floor, and place a rolled up towel under your knee. Tighten your thigh (Quadriceps) muscle and lift your heel. You should be pressing your knee against the towel. As your leg straightens, it does not fully lift off the floor (only your foot lifts off the floor). Slowly return to the start position.

Repeat 10-15 times

Video: <http://youtu.be/ZPt0HPDgNDw>

Gluteal Contraction Isolated

Learn control of your gluteal muscles by contracting them. Try to squeeze your buttock muscle towards the centre of your buttock cheek. The cheek should go firm when contracted. It may require some help from your therapist to show you how to do this.

Repeat 10-15 times

Video: <http://youtu.be/NJYRc0ztTDE>



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Hip Flexion Lying

Bend your knee towards your chest. This exercise will mobilise your hip joint and strengthen the hip flexor muscles. You can make the exercise stronger by pulling your knee towards your chest. As your hip becomes more mobile, you should be able to bend it further.

Repeat 5-10 times

Video: <http://youtu.be/a6OPHjaEfXA>



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Hip Abduction Straight Leg Supine

Lie down flat on your back on the floor or a bed. Slide your hip out to the side of your body as far as feels comfortable. Hold this stretch, then slide your hip back to the midline. This exercise will improve mobility to your hip joint.

Repeat 5-10 times

Video: <https://youtu.be/hZoBB4-NCd8>



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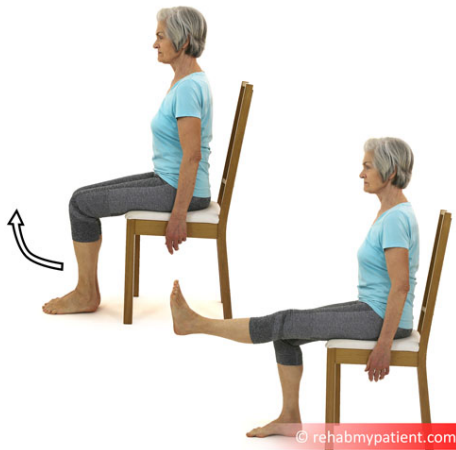


Ankle Circles Sitting

Sit down, and move your ankles around in circles both anti-clockwise and clockwise. This is a great mobility exercise to the ankle, and very useful for ankle stiffness following a sprain.

Repeat 20 times

Video: <http://youtu.be/6XX3R9ibBfw>



Knee Extensions Sitting

Sit upright with good posture. Slowly straighten your left leg out in front of you as far as feels comfortable. Slowly lower back to the floor, then repeat with the right leg. If you suffer any cramp in your upper thigh, do not straighten your leg fully and keep a small bend. This exercise will help mobilise your knee and improve strength in your leg.

Repeat 5-10 times

Video: <https://youtu.be/uklsfS5YTXA>



Hip Flexion Standing 2

Stand up against a wall, and bend your knee towards your chest. This exercise will mobilise your hip joint and strengthen the hip flexor muscles.

Repeat 5-10 times

Video: <http://youtu.be/Znn8EgEM5PY>



Hip Abduction Gluteus Medius Standing

Stand up next to a table, chair or wall, and take your leg out to the side, and back to neutral. Repeat as required. You can also hold the leg out to the side and maintain this position. This exercise predominantly strengthens your outer hip and gluteal (buttock) muscles, but also mobilises a stiff hip joint.

Repeat 5-10 times

Video: <http://youtu.be/znJenEMJaZk>



Hip Extension Standing

Stand with your hands on a wall, table or chair, and extend your leg behind you, and return to neutral. You should feel a pull in your buttock (gluteal) muscles.

Repeat 5-10 times

Video: <http://youtu.be/SWvnWGd0yQQ>

Please contact us on Physio.enquiries@sulishospital.com for any enquiries