

Exercise plan :
**Early post op hip replacement
exercises**

Patient:
Sulis Exercises

Date:
17th Jul 2026

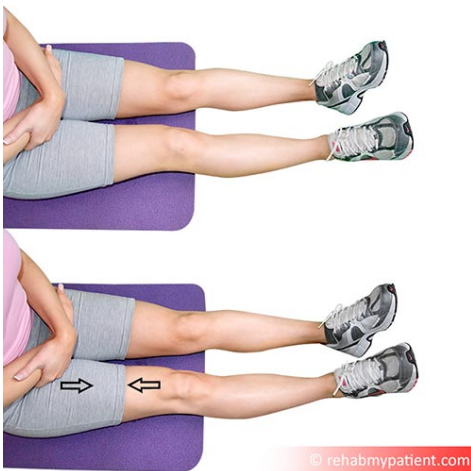


Ankle Circles

Sit with your legs outstretched in front of you either on your bed or on a sofa. 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/Za8PFXDFp_M



Static Quadriceps Contraction

Sit with your legs outstretched in front of you either on your bed or on a sofa. Tighten your right thigh (Quadriceps) muscle by actively tensing/squeezing the muscle, noticing that as you do so your leg will naturally straighten slightly. To finish, just relax the Quadriceps muscle.

Repeat 5 times

Video: <http://youtu.be/ltZhmKM9KT4>



Knee Flexion

Slide your heel towards your bottom. Go as far as feels comfortable, and then return to the start position (with the leg straight). This is a good way to improve mobility to a stiff knee joint.

Repeat 5 times

Video: <http://youtu.be/skOauZ54MLU>



Inner Range Quadriceps

Sit with your legs outstretched in front of you either on your bed or on a sofa. 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 5 times

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

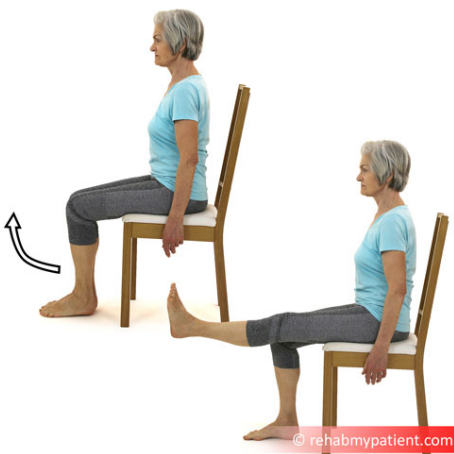


Hip Abduction Straight Leg

Lie down flat on your back on 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 times

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



Knee Extensions

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 times

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



Hip Flexion with Bent Knee Standing with Support

Stand upright with good posture. Hold on to a wall or table for support. Put your weight through one leg and bend the other knee towards your chest. Only lift your knee as high as feels comfortable. This exercise will mobilise your hip joint and strengthen the hip flexor muscles.

Repeat 5 times

Video: https://youtu.be/E_16XRcyCoc



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 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 times

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



Walking Up and Down Stairs with One Crutch

Going up stairs:

- 1) Able leg
- 2) Bad leg
- 3) Crutch

Going down stairs:

- 1) Crutch
- 2) Bad leg
- 3) Able leg

Video: http://youtu.be/ghudpH_d5lo

Try to complete these exercises little and often for the first two weeks post-op until you see your outpatient physiotherapist. Please don't wake up in the night to complete them. If you have any questions with an exercise, please don't hesitate to get in touch via our email physio.enquiries@sulishospital.com, or call our department on 01761422388. Good luck and keep with it!

Please stop any exercise that causes pain, and ask one of the physiotherapists for advice.

Ice packs may also help to ease discomfort in the hip, it should be kept on for 20 minutes and then removed. You can reapply it every 2 hours. Please refer to the document 'Advice on heat and ice pack application' on our website.

You will feel discomfort in the operated joint, but it is still important that you continue with the exercises. The exercises may help to ease any stiffness you may experience in the hip.

Further information can be found on our website and accessed at the QR code below:



<http://www.sulishospital.com/jointschool>