

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

Patient:
Sulis Exercises

Date:
28th Nov 2025

Practitioner:
Joanna Gotley

Sit to Stand - Two Hands



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Sit upright with good posture, and place your hands on the side of the chair. Gently lean forwards and use as much leg strength as you can to push yourself up. Use your hands and arms to assist. Once upright, stand up straight. When you feel comfortable, slowly sit back down, guiding yourself by using your arms. Try to keep a straight spine during the sitting rather than let your back round forwards too much. This exercise will strengthen your legs and core. Aim to reduce assistance from hands gradually.

Repeat 5-10 times

Video: <https://youtu.be/4uc6Hljwb18>

Sidestep with Support



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Stand upright with good posture with some clear space around you. Hold on to a wall, rail or stable surface for support. Take a step to the side with one foot, and then join with the other foot. Repeat with the opposite leg leading this time to come back to the start position. This exercise improves strength and co-ordination in the legs.

Repeat 5-10 times

Video: <https://youtu.be/5NdDdQ2OJOY>

Step Up and Downs Supported



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Stand upright in front of the bottom step of your staircase, holding on to a rail for support. Step up onto the first step with one leg, and bring the other leg to the step to meet it. With control, lower this same foot back to the floor, followed by the other.

Repeat 5-10 times

Video: <https://youtu.be/rHCT8vYgImQ>

Hip Abduction Lying

Lying on your side, flatten your lower back by gently tucking your tummy in. Lift your leg several inches in the air. You can either hold this position, or return your leg down and then repeat the exercise. Ask your therapist which they would prefer you to do. This exercise strengthens the pelvic, gluteal, and lower back areas.



Repeat 5-10 times

Video: <http://youtu.be/m48WZUmcw5Y>

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Supine Bridge Basic

Lie flat on your back, with your knees bent, squeeze your bottom muscles and lift your body upwards. Keep your arms by your side and use them to help you balance. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.



Repeat 5-10 times

Video: http://youtu.be/fK_xUE3OKIE

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Calf Heel Raise Two Legs

Stand upright and hold onto a wall/table for balance if required. Slowly raise up onto your toes, and control the movement back down. This exercise will strengthen the calf muscles and ankle joints.



Repeat 10 times

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

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One Leg Stand Balance

Stand on one leg, and try to keep your balance. Be careful and hold on to a wall for support when you first start this exercise. A single leg balance exercise such as this is an enormously valuable exercise, and its benefits including strengthening the muscles and ligaments around the ankles and knees, and improving balance.

Hold for 5-15s

Video: http://youtu.be/ZLxyh_PEstl



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