

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

Patient:
Sulis Exercises

Date:
16th Jul 2026

Sit-Down Chair Squat



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Stand up, and position yourself in front of a chair or stool. Bend your knees to go into a squat position, and touch your bottom on the chair. Then, push up and go into the standing position. Throughout the exercise, keep your knee in-line with your foot, do not let your knee drift outwards or inwards. Also keep your hips and pelvis level as you squat, so you go down in a straight line. Be careful not to slump forwards as you squat, maintain good posture.

Repeat 8 times

Video: <https://youtu.be/Z20XNb0VdEk>

Step Up and Downs Supported



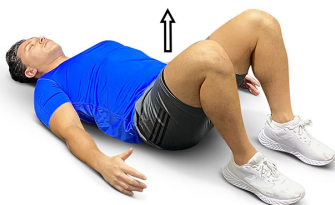
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Stand upright in front of the bottom step of your staircase, holding on to a rail for support. Step up onto the first step with your operated leg, and bring the other leg to the step to meet it. With control, lower this same foot back to the floor,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

Repeat 8 times

Video: <https://youtu.be/rHCT8vYglmQ>

Glute Bridge



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Begin by lying on your back with your feet flat on the floor (or a bed), knees bent and arms by your side. Push your hips vertically and contract your glutes once fully extended without overextending the lower back, hold the position for 30 seconds and return to the starting position.

Hold for 3-5 seconds | Repeat 8 times

Video: https://youtu.be/vtnpY_fYJ4M

Hip Abduction Side-Lying



Lie on your non-operated side, and lift your operated leg upwards. Your bottom leg can be straight or bent for more support if needed. Once you lift your leg, you can hold this position, or move your leg up and down. This exercise predominantly strengthens your outer hip and gluteal (bottom) muscles, but also mobilises a stiff hip joint.

Repeat 8 times

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

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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 8 times

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

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Single-Leg Stand



Stand on one leg. You can soften your knee slightly if you wish. Be careful not to fall over (stand next to a wall or table if you are unsteady on your feet). Hold this position. You will feel the leg working, and will likely get some muscle aching all over the leg and bottom muscles.

Hold for <30 seconds

Video: <http://youtu.be/hH4aQTBIYo0>

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Please stop any exercise that causes pain. If you are early into your rehabilitation, we would advise that you complete these more frequently however, you can adjust this alongside progressing your walking and your physiotherapist's guidance. If you have any questions with an exercise, just email us on physio.enquiries@sulishospital.com, or call our department on 01761422388. Good luck and keep with it!



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