

## PATIENT INFORMATION

# Anterior Total Hip Replacement Post-Operative Exercises

## Getting mobile again

Your physiotherapist will help you regain mobility after surgery and teach you specific exercises. You will usually stand and begin walking on the day of surgery or the day after. All tubes are removed by two days after surgery. A physiotherapist will assist with your first stand and see you daily for exercises and walking. The aim is to walk early and often — this minimises complications.

Unlike a standard hip replacement, there are no restrictions on bending, sitting, or sleeping positions after anterior hip replacement.

The joint is stable immediately after surgery, but the surrounding muscles and soft tissue require a longer-term rehabilitation program to return to normal function. Your mobility and independence will increase gradually.

## Your rehabilitation program

**1. Lying on your stomach** — Lie flat for ten minutes daily to stretch the front of your hip. Roll over with a pillow between your knees. Your physiotherapist will guide you on this.

**2. Showering** — Do not sit in the bath. Shower with your knees and feet 15 to 30cm apart on a non-slip mat, or use a high shower chair.

**3. Dressing** — Sit on the edge of the bed or a chair with legs straight to dress. Use slip-on shoes with a shoehorn where possible. Put the operated leg into clothing first and remove it last.

**4. Walking and exercise** —

- Continue your hospital exercises for at least three months
- Hydrotherapy can begin after discussion with your surgeon and physiotherapist, once the wound has healed (usually three to four weeks post-op)
- Gradually increase your walking distance
- Rest frequently — swelling can indicate you are overdoing it
- Do not drive until cleared by your surgeon

- Outpatient physiotherapy may be recommended if a persistent limp, reduced strength, or reduced confidence remains
- Aim to be walking approximately 1km twice a day by six weeks, though recovery speed varies between patients.

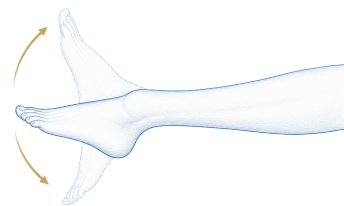
## Exercises

These exercises are recommended before surgery to build muscle tone and during rehabilitation after surgery. Your physiotherapist will advise which are appropriate for you. Not all exercises may be possible due to pain or stiffness.

Complete each exercise 10 times, at least three times per day.

## 1. Foot bend

Gently bend your feet up and down to help circulation in your legs.



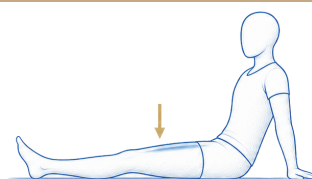
## 2. Flexion of the knee

Gently bend your knee so your foot moves along the bed towards your buttocks. A mild stretch in the hip is normal. You may use your hands to assist.



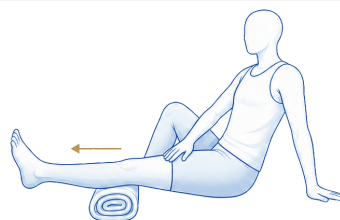
## 3. Static quads

Tighten the muscles on the top of your thigh by pushing your knee down onto the bed. Keep the knee as flat as possible. Hold five seconds then relax.



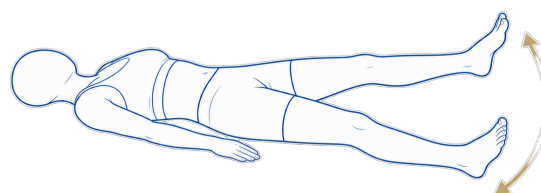
## 4. Knee-cap stretches

Squeeze your buttocks together and hold for five seconds. With your knee over a bolster, straighten your knee by tightening the muscles on the top of your thigh. Keep the back of your knee pressed onto the bolster. Hold five seconds then relax slowly. Do not sleep or rest with the bolster under your knee.



## 5. Side stretches

Keeping your knee straight, gently slide your leg out to the side then back again. Try to keep your kneecap and toes pointing to the ceiling.



## 6. Glute bridge

Bend both of your knees slightly. Dig your heels and elbows into the bed. Lift your bottom off the bed, squeezing your buttocks together.

