

EXERCISES FOLLOWING TOTAL HIP REPLACEMENT



Take 5 deep breaths and 2-3 coughs twice every hour.
Do leg exercises at least 3 times per day x 10 repetitions
Please watch for heel discomfort.

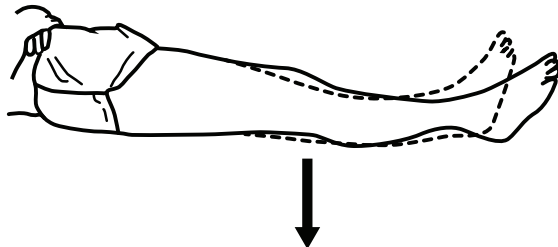
Calf Pumping

Slowly move your ankles, pulling your toes up towards your head, then point your toes down. Repeat 20 times every hour.



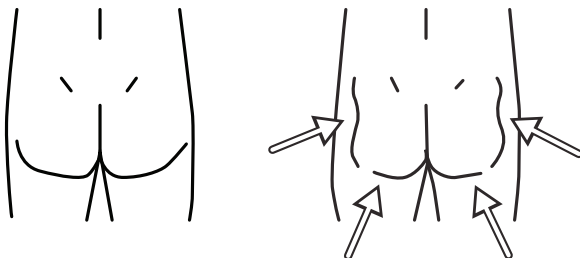
Static Quads Sets

With leg straight, press back of knee down into bed straightening leg as much as possible. Hold for 5 seconds and then relax.
Repeat 10 times.



STATIC GLUTS

Squeeze your bottom muscles together. Hold for 5 seconds then relax.
Repeat 10 times.

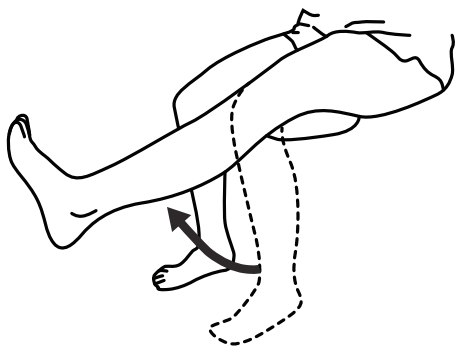


Knee Extension (Sitting Down)

From a sitting position, slowly raise your foot until your knee is straight.

Hold for count of 5 and then relax.

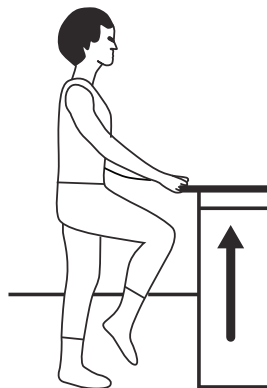
Repeat 10 times.



Hip Flexion

Bend your hip and knee upwards.

Repeat 10 times.

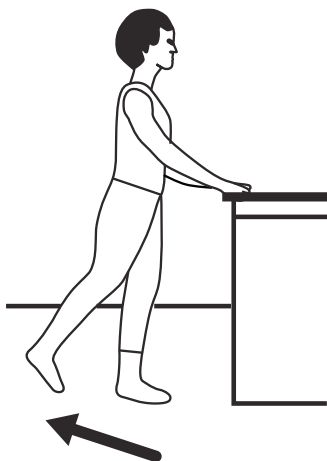


Hip Extension

Take your leg slowly backwards, tighten your buttock muscles.

Do not arch your back.

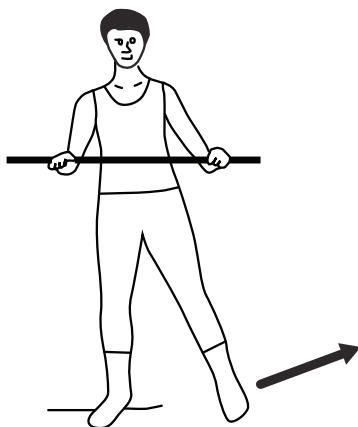
Repeat 10 times.



Hip Abduction

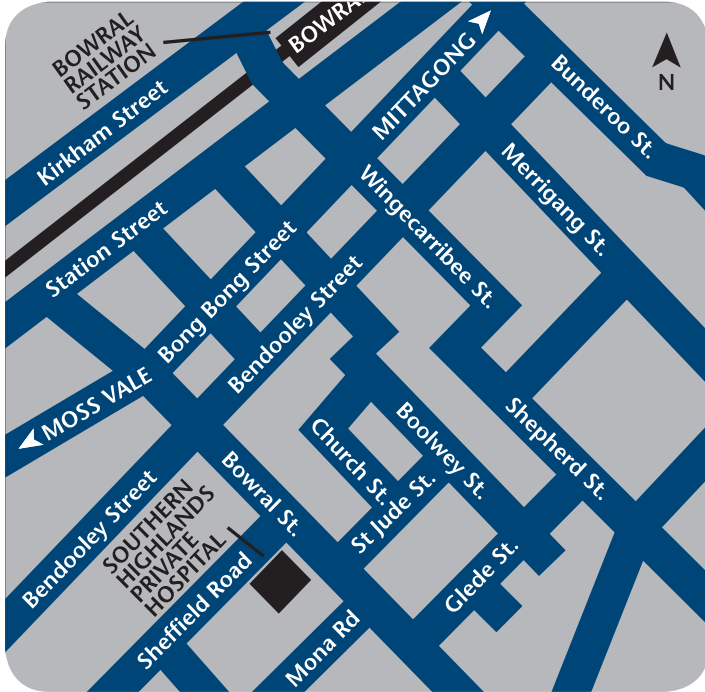
Take your leg out to the side, keeping toes pointed forwards.

Repeat 10 times.



How to find us?

We are located next to Bowral & District Hospital (the public hospital) on the corner of Bowral Street and Sheffield Road.



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