

Total Hip Replacement Exercises

Lying Down

START

FINISH

1



- Lying down or sitting
- Pull your toes up
- Then point toes away
- Do this 30 times with each foot

2



- Lie on your back
- Slide your foot up and down so your knee bends
- Do not bend too far
- Do this 10 times

3



- Lie on your back
- Point your toes at the ceiling
- Slide your leg out to the side and back
- Do this 10 times

START

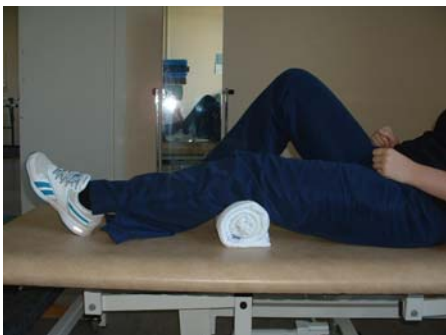
FINISH

4



- Sitting up on the bed
- Keep your leg straight
- Pull your toes up
- Push your knee down into the bed
- Hold for a count of 5
- Repeat 10 times with each leg

5



- Sit up on the bed
- Roll up a towel and put it under the knee on the operated leg
- Lift your foot off the bed and straighten your knee
- Hold for a count of 5
- Slowly bend knee again
- Do this 10 times

