

Total Hip Replacement Exercises

Sitting and Standing

Start

Finish

1



- Sit in a chair
- Straighten your knee
- Hold for a count of 5
- Slowly bend your knee
- Do the same with the other leg
- Do 10 with each leg

2



- Hold onto something that does not move
- Stand on the leg that did not have the operation
- Keep your toes pointing forwards
- Lift your leg sideways
- Keep nice and tall
- Do this 10 times

Start

Finish

3



- Stand holding onto something that does not move
- Stand on the leg that did not have the operation
- Keep your toes pointing forwards
- Bend your knee up and take your foot off the floor
- Put your foot back on the floor
- Do this 10 times
- Do not let your knee move above your hip

4



- Hold onto something that does not move
- Stand on the leg that did not have the operation
- Keep your toes pointing forwards
- Swing your leg back and forwards
- Stand nice and tall
- Do this 10 times

