



PATIENT INFORMATION

ADVANCED HIP EXERCISES



This advice and exercise booklet has been produced by Physiotherapists working within the Worcestershire Acute Hospitals NHS Trust.

It offers advanced exercises from when you are discharged home after your hip surgery.

Follow the exercises with care, if any of the exercises make your pain worse STOP and seek advice.

Advice

Regular exercise will help restore normal hip motion, muscle strength and promote a gradual return to everyday activities.

These strengthening exercises after your hip surgery should be done 3 times daily in order to gain maximum recovery post op.

This booklet will guide you through stages 1-3 over the next 12 weeks of your rehab and onwards.

Stage 1.) To be completed from discharge for 6 weeks post op

On each of the following exercises use a chair or a table to steady yourself. Ensure your upper body is held upright to maintain correct posture. Repeat each 10 times.



Keep your knee straight and toes pointing forwards. Raise your leg out to the side and count for 5 seconds. Slowly lower your leg back down.



Keep your knee and toes straight, raise your leg backwards, count for 5 seconds and slowly lower your leg down

Keeping your hips and knees in alignment, raise and lower your foot on you operated leg, trying to get your heel towards your bottom.



Stage 2.) To be completed from weeks 6-12 Post Op

Repeat each of the following exercises 10 times. Complete each slowly to ensure good control.



Use a chair or table to steady yourself with both hands.

Squeeze your buttock muscles and slowly bend into the squatting position. Only go to the point where you feel comfortable, do not bend your hips past 90 degrees. Hold this position for 3 seconds before slowly coming back into an upright posture. Gradually increase the length of this hold—work up to 10 seconds



Lie on your unaffected hip with a pillow placed between your knees. Keep your back in neutral, feet together and hips and knees slightly bent. Slowly raise your top knee towards the ceiling. Make sure you do not roll backwards. Hold for 5 seconds and then relax.

Stage 3.) Week 12 Post Op and Onwards

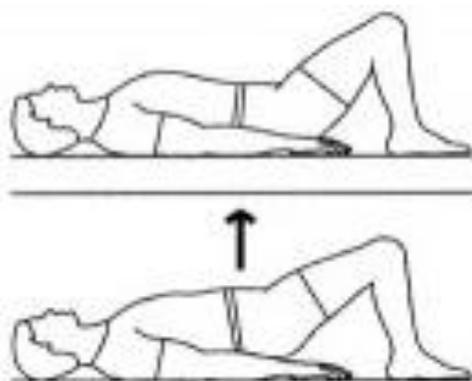
This is the final stage of strengthening work for your hip. Make sure you complete these on your bed at home and repeat each 10 times. Complete slowly to ensure good control.



Carefully roll onto your non-operated hip and bend the knee of your non-operated leg for added support. Slowly lift your operated leg straight up towards the ceiling, using only hip muscles.

Keep toes pointed forward and knee straight as you lift the leg.

Hold for a count of 3 seconds and gradually increase the length of this hold—work up to 10 seconds.



Start this exercise lying on your back. Squeeze your stomach, bottom and thighs. Slowly lift your pelvis towards the ceiling pushing through your feet. Hold for 5 seconds and then slowly relax down onto the bed.

Other information

The following internet websites contain information that you may find useful.

- www.worcsacute.nhs.uk
Worcestershire Acute Hospitals NHS Trust
- www.patient.co.uk
Information fact sheets on health and disease
- www.rcoa.ac.uk
Information leaflets by the Royal College of Anaesthetists about 'Having an anaesthetic'
- www.nhsdirect.nhs.uk
On-line health encyclopaedia

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.