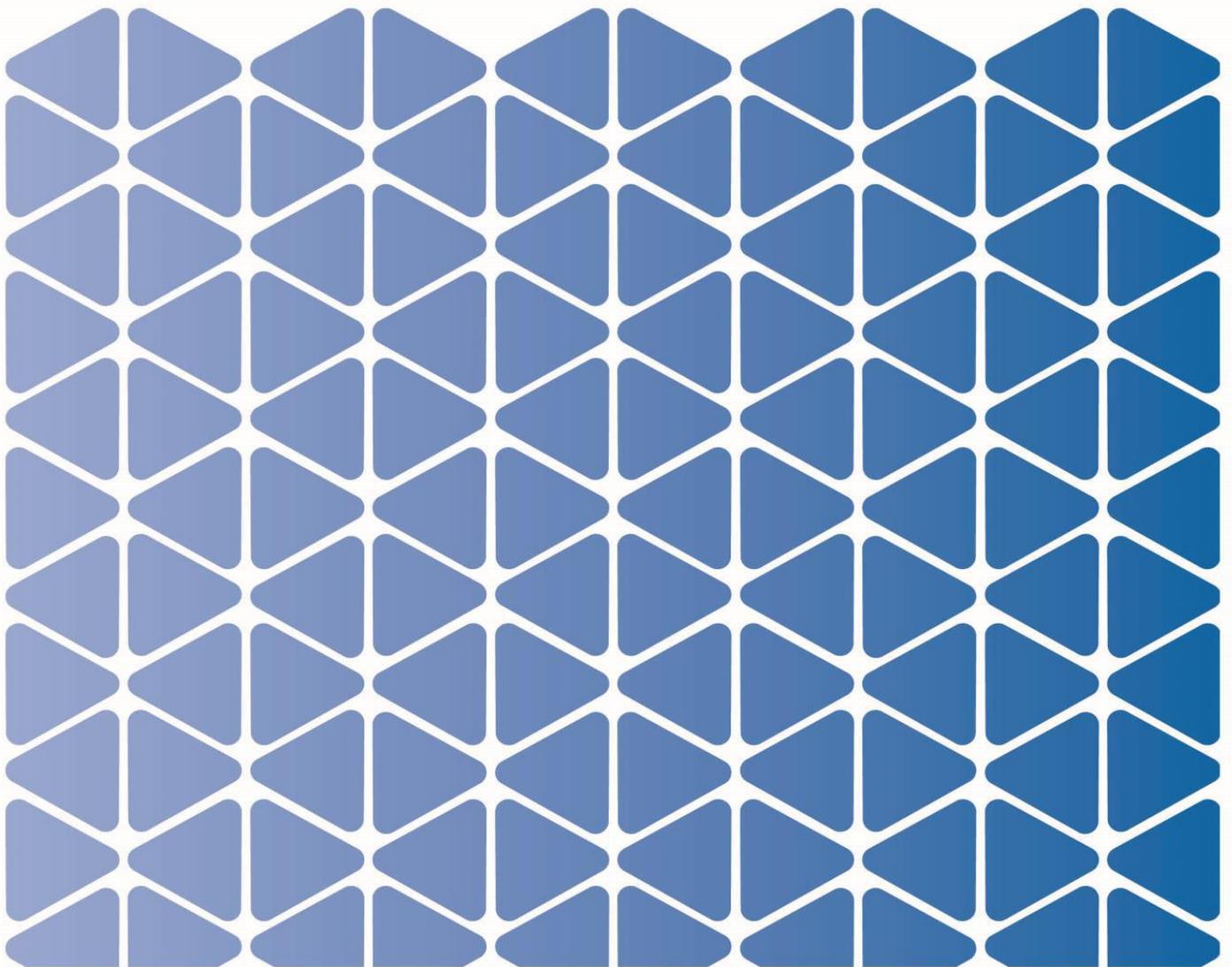




PATIENT INFORMATION

Physiotherapy Department

# EXERCISES FOR AFTER YOUR HIP OPERATION



 [www.worcsacute.nhs.uk](http://www.worcsacute.nhs.uk)

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## **Introduction**

This leaflet is designed to help you with exercises for after your hip operation.

## **Exercises:**

### **Deep Breathing Exercises:**

To ensure your chest is clear, and to reduce the risk of a chest infection you should take 3 to 4 deep breaths every hour. Try to breathe as deeply as possible, hold your breath for 3 seconds and then slowly breathe out. After the last breath try to “huff” out the air. This may stimulate a cough. You may find your cough is productive after anaesthetic, it is important to try to cough up this phlegm to clear your chest.

### **Ankle Exercise:**

You should pump and move your ankles in circular movements in both directions for approximately 5 minutes every hour. This will help with your circulation, and reduce the risk of deep vein thrombosis (DVT).



## **Exercise Programme**

**These exercises are very important and you should do them THREE times day, unless advised otherwise by your physiotherapist.**

	A photograph showing a person lying on their back on a blue mat. In the top image, their legs are straight. In the bottom image, they have bent their knees and slid their heels towards their buttocks.	<b>Active hip/ knee flexion</b>  Lie on your back with your legs straight. Bend your knee by sliding your heel towards your buttocks and return to the starting position.  Repeat 10 times.
	A photograph showing a person lying on their back on a white mat. They are wearing a red shirt and grey trousers. A white sheet is under their heels. One leg is extended straight out to the side.	<b>Hip abduction</b>  On the bed, with a sliding sheet under your heel, slide your leg out to the side as far as you can and then slide back to the midline. Repeat 10 times.

<input data-bbox="108 136 185 219" type="checkbox"/>		<p><b>Static Quads</b></p> <p>Lying or sitting on the bed with your leg straight out in front of you. Tighten the muscles at the front of your thigh to press the back of your knee into the bed.</p> <p>Hold the tightening for 5 seconds.</p> <p>Repeat 10 times.</p>
<input data-bbox="108 683 185 766" type="checkbox"/>		<p><b>Inner range quadriceps</b></p> <p>Lying or sitting on the bed with your legs out in front of you, place a rolled towel or a block under your knee.</p> <p>Keeping the back of your knee on the towel or block, straighten your knee as much as possible so your heel lifts off the bed.</p> <p>Hold for 5 seconds and slowly lower your heel back to the bed. Repeat 10 times.</p>
<input data-bbox="108 1272 185 1355" type="checkbox"/>		<p><b>Glute Squeezes</b></p> <p>Lying or sitting on the bed or sitting in the chair, clench your bottom cheeks firmly together. Hold for 5 seconds and relax.</p> <p>Repeat 10 times</p>
<input data-bbox="108 1624 185 1706" type="checkbox"/>		<p><b>Seated knee extension</b></p> <p>Sit up straight on a sturdy chair so that your feet are supported on the floor.</p> <p>Pull your toes up towards you and straighten your knee using your front thigh muscles. Hold the position for 5 seconds. Slowly lower your foot back down to the floor.</p> <p>Repeat 10 times.</p>

		<p><b>Seated knee flexion</b></p> <p>Sit up straight on a sturdy chair so that your feet are supported on the floor. Slide your foot backwards on the floor and bend your knee as much as possible.</p> <p>Hold for 5-10 seconds then return to the starting position.</p> <p>Repeat 10 times</p>
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## CONSENT TO TREATMENT

- Following assessment, the Physiotherapist will discuss treatment options with you explaining the benefits and risks (if any).
- The Physiotherapist will ask for your verbal consent before commencing assessment and treatment and in certain situations you may be asked for written consent.

Information about you is recorded and used to support the planning, delivery and monitoring of your care. This information, typically anonymised, may also be used to support NHS planning, teaching and research.

If you have any questions about this information, please contact the Physiotherapy Department at the hospital where you had your treatment between 8:30am and 4:30pm Monday to Friday on the direct dial numbers below:-

**Worcestershire Royal Hospital**

01905 760622/760187

**Alexandra Hospital, Redditch**

01527 512114

**Kidderminster Hospital**

01562 513066

**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.PET@nhs.net](mailto:wah-tr.PET@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.