

Prehabilitation for hip replacement surgery

Physiotherapy Patient Information

This booklet is designed to provide information and guidance to enable you to have the best possible preparation for your surgery.

Prehabilitation aims to optimise the outcome of your hip replacement. The exercises should be followed with guidance from a Physiotherapist.

What is prehabilitation and why do I need it?

Prehabilitation is the process of starting to prepare for recovery before your operation, in order to give the best possible outcome of your hip replacement. There is evidence to suggest that people who will undergo hip replacement surgery and who complete rehabilitation (such as the exercises in this booklet) before their operation, then have less pain and fewer complications after the operation.



How to manage your exercise programme

Start gently, don't try to push through pain. It will take a few weeks before your muscles and soft tissue will begin to feel the benefit of regular exercise.

General aches and pains in your muscles when you exercise are signs that the muscles may be weak and tired. The aches should be manageable and ease off once you've finished exercising.

If you have joint pain you may find it easier to spread your exercises throughout the day or choose a time when your hip feels most comfortable, e.g. earlier in the day or following your normal pain-killers.

Be aware of pain; soreness while you exercise is normal but should not increase your joint pain the next day. If you do, then reduce the amount of exercise, and build up more slowly.

Increasing or decreasing your exercises. If you experience increased pain while doing a particular exercise, stop doing that one until your hip settles. Then start again, but with only half the recommended repetitions. Gradually increase the repetitions by one at a time when you feel able to do so.

Walking is good exercise. You may need to choose shorter walks depending on comfort. If it is too painful to walk without a limp using a stick in the opposite hand to your painful hip is recommended.

You will not wear your hip out from exercising.

As you strengthen the muscles that support your hip you may find it easier to get about and may feel able to be more active. Low impact activities like swimming or using an exercise bike or cross trainer can be helpful.

Your physiotherapist will prescribe the exercises to suit you. The exercises will work on maintaining and building range of movement, strength and improving balance and aerobic capacity.

How to choose your exercises. You will decide with your Physiotherapist which exercises you should practise. There will be four exercises from the movement section and one from each of the other three sections giving you a maximum of 7 exercises. The exercises recommended for you are indicated by your physiotherapist by marking the box next to the description.



Exercises to Maintain Movement

Movement Exercise 1

You are aiming to bring your knee as close to your hip as you can and then straighten it as fully as possible.



- Lie on your back place a plastic bag or similar under the foot of your affected leg.
- Bend your knee, sliding your foot towards your bottom on the plastic bag. Hold for 3 -5 seconds.
- Slowly extend your leg until the knee is now as straight as you can get it. Hold for 3 – 5 seconds.
- Repeat up to 10 times, 2 – 3 times a day, or as pain allows.





Movement Exercise 2



- Start by sitting at the front of your chair.
- Slide your affected leg out to the side and back.
- If it is difficult to move your leg, try putting a plastic bag under your foot.
- Repeat up to 10 times, 2 – 3 times a day, or as pain allows.



Movement Exercise 3



- Lie down with your knees bent.
- Lower your affected leg to the side and back to starting position.
- Repeat up to 10 times 2 – 3 times a day or as pain allows.



Movement Exercise 4



- Hold onto a fixed support
- Move your leg backwards as if you are going to step back
- Return to starting position.
- Repeat up to 10 times, 2 – 3 times a day or as pain allows.





Strengthening Exercises

Strengthening Exercise 1



- Sit towards the front of a firm chair, feet resting on the floor.
- Pushing from the arms of the chair, or a stable surface in front of you, stand up, squeezing your thighs and bottom muscles as you rise.
- Sit down slowly.
- Repeat up to 10 times, 2 – 3 times a day or as pain allows.
- If you find this difficult you may try doing it from a high chair or surface.
- As you get stronger may find you are able to do this without using your arms.



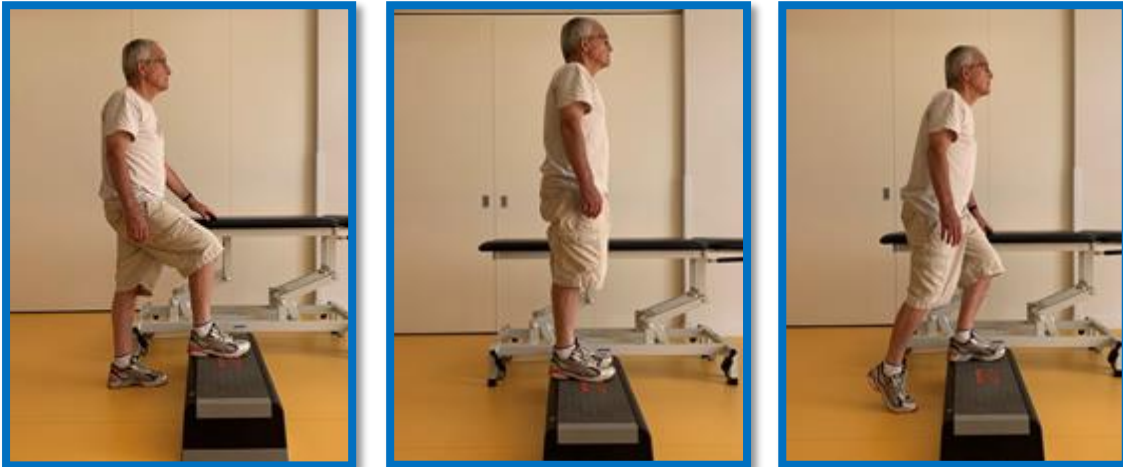
Strengthening Exercise 2 [Video link](#)



- Lie on your back with feet flat on the floor or bed, and knees bent.
- Position your feet and knees so that they are a few inches apart.
- Gently squeeze your buttock muscles, pushing through your heels to lift your bottom off the floor or bed. Make sure your hips are level, and that you maintain the gap between your knees.
- Slowly return to the starting position.
- Repeat up to 10 times, 2 – 3 times a day or as pain allows.



Strengthening Exercise 3



- Hold onto a fixed support, place the foot of the affected leg up onto a stair or step.
- Bring the other leg to join it, squeezing your bottom muscles as you straighten your knee.
- Step back down with the affected leg first ,then bring your other leg to join it.
- Repeat up to 10 times, 2 – 3 times a day or as pain allows.
- When this feels manageable try with the other leg leading.



Strengthening Exercise 4 [Video link](#)



- Hold onto a fixed support
- Raise your heels as high as you can, pull your thighs up, and tighten your bottom muscles as you lift up.
- Slowly lower yourself back down, don't relax your leg and bottom muscles until your heels are back on the floor.
- Repeat up to 10 times, 2 – 3 times a day or as pain allows.





Balance Exercises

Balance Exercise 1 [Video link](#)



- Hold onto a fixed support
- Tighten your bottom and thigh muscles.
- Stand on your non-affected leg only, and try to keep your balance.
- Aim to stay there for up to 30 seconds
- Try the same on your affected leg.



Balance Exercise 2



- Hold on to a fixed support.
- Take a few steps to the right keeping your body upright.
- Step back to the left.
- Repeat up to 10 times, 2 – 3 times a day or as pain allows.



Balance Exercise 3



- Hold on to a fixed support with one hand.
- Place one foot in front of the other so that your heel touches the toes of the foot behind it.
- Continue to walk forward slowly for approximately 10 steps.
- Turn round and repeat until you are back where you started.
- Aim to complete up to 10 lengths, 2 – 3 times a day or as pain allows.





Aerobic exercises

Aerobic Exercise 1



- Hold on to a fixed support while you are doing this exercise, if you need to.
- Swing your free arm (or both arms) from the shoulders.
- Keep going until you are puffing little, but make sure you don't get out of breath.
- Start with 2 – 3 minutes and build up gradually. Try marching to a song you like.



Aerobic Exercise 2



- Sit with feet flat on the ground and slightly apart.
- Straighten your right leg as you move it out to the right side, then move it back to where you started
- Repeat with the left side.
- Continue to repeat this movement until you are comfortable with it.
- When you feel confident, raise your arms up and out to the side at the same time as your leg moves. Aim to do 2 – 3 minutes and build gradually.



Aerobic Exercise 3



- Standing or sitting, alternately punch your arms forward at approximately shoulder height.
- Use a favourite song and try to keep in time.
- Vary the pattern of movement and direction. If you feel able, hold some light weights or filled small water bottles in your hands as you do this.
- Aim to keep going for 2 – 3 minutes and build up gradually.



If you have any queries, please do not hesitate to call Physiotherapy reception on (01225) 821241.

Alternatively, you can email ruh-tr.therapiesoutpatientadmin@nhs.net
To access video links and further support, please visit the Physiotherapy webpage: [here](#)



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