

Hip Fracture Surgery

Physiotherapy Hip Exercises

Patient Name

Make sure to keep this booklet and take it home with you.

Bed Exercises

Please do these exercises every hour before and after surgery.

1. Take 5 deep breaths.

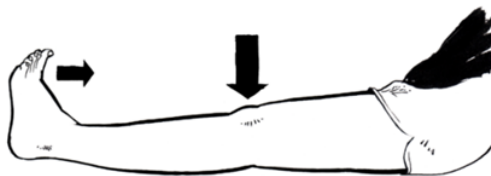
2. Pump your ankles up and down 10 times.



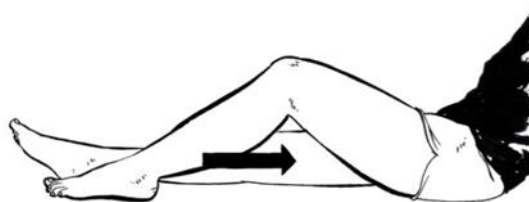
3. Tighten your bottom muscles, hold for 5 seconds and relax. Repeat 10 times each side.



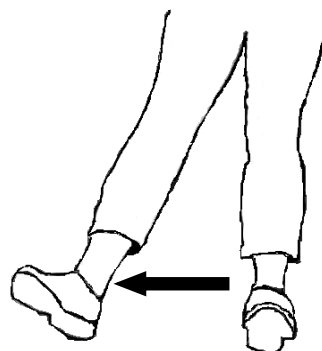
4. Tighten up the muscle at the front of your thigh by pressing the back of your knee into the bed. Hold for 5 seconds then relax. Repeat 10 times each side.



5. Sitting up in bed, bend the operated leg as far as possible. You may wish to put some plastic under your foot to help it slide on the bed.



6. Lying with your legs out in front of you, slowly move your operated leg out to the side, away from the other leg, before returning to the middle. Repeat 10 times.



Hip Strengthening Exercises - Standing

Resting your hands on the kitchen worktop. NOT a chair or zimmer frame.

7. Stand on your non-operated leg; slide your operated leg away from the other. Make sure to keep your toes pointing forwards throughout the movement.

Repeat 10 times.

Then stand on your operated leg and do the same as above, if able and pain allows.



8. Stand on your non-operated leg; slide your operated leg backwards. Try not to compensate by leaning forwards instead.

Repeat 10 times.

Then stand on your operated leg and do the same as above, if able and pain allows.



9. Stand on your non-operated leg; lift your operated leg up in front of you.

Repeat 10 times.

Then stand on your operated leg and do the same as above, if able and pain allows.



You can start doing these exercises when you feel ready, perhaps after 2-3 weeks. Continue with your other exercises.

10. Lying on your back, bend your knees to position your feet flat on the bed. Lift your bum off the bed. Try to keep your hips level. Lower slowly. Repeat 3-5 times as comfort allows.



11. Sit with your feet shoulder width apart and slide your feet closer towards the chair. Now stand up whilst squeezing your bottom muscles. Initially do this exercise by using your hands to push up from the chair.



If you are able to do this comfortably, you can then progress this exercise by standing up without using your hands.

12. Step up with your operated leg first. Step down with your non-operated leg first. Do this exercise in a slow and controlled manner.

Repeat 5 times 3 times a day.



Stairs Technique

Going UP stairs

Step up with your non-operated leg first, then step up with your operated leg. Always go one step at a time.



Going DOWN stairs

Put your stick on the step below, and then step down with your operated leg followed by your non-operated leg. Always go one step at a time.

