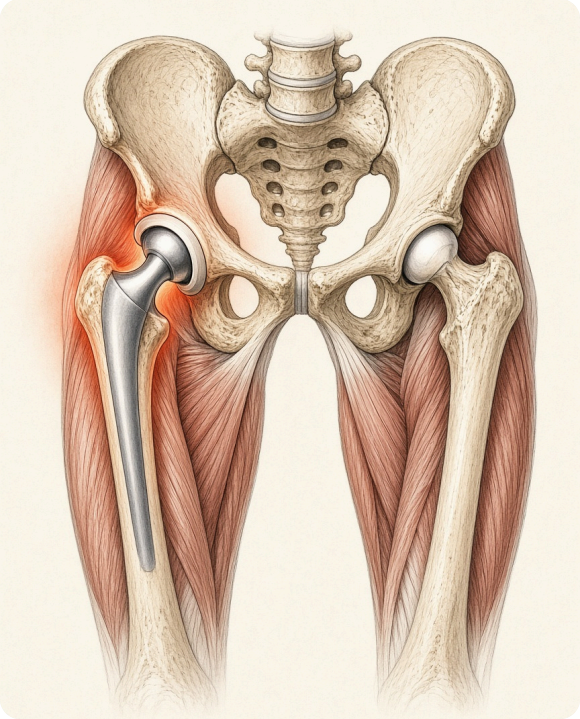
ARMIN PHYSIO



PATIENT GUIDE

After a Hip Replacement

Just had a hip replacement? These exercises can help you **recover faster.**

Armin Ghayyur
Physiotherapist · arminphysio.com

Recovering from a hip replacement

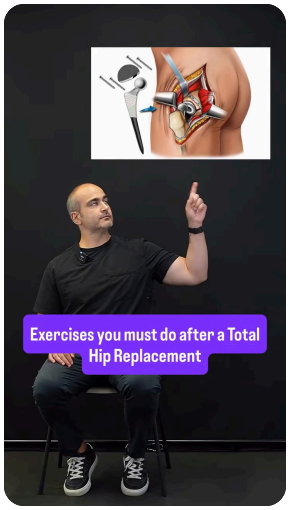
A hip replacement is designed to reduce pain and restore mobility, but surgery is only the first step. Afterwards it's common to have weakness in the glutes and hip muscles, which can lead to limping, poor balance and trouble with stairs. These exercises rebuild strength step by step. They're also good if you're **waiting for a hip replacement** or have hip arthritis. **Always follow your surgeon's and physiotherapist's precautions.**

QUICK CHECK

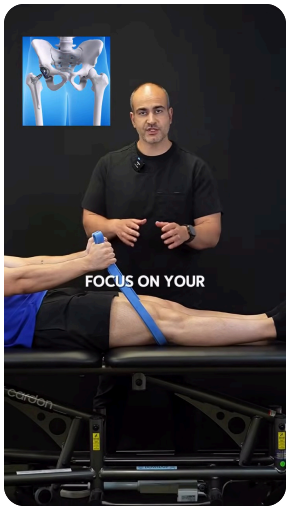
Does this sound like you?

- ☐ You've **recently had a hip replacement**
- ☐ You're **waiting for surgery** or have hip osteoarthritis
- ☐ Your hip and thigh muscles feel **weak**
- ☐ You're **limping** or unsteady on your feet
- ☐ **Stairs** or getting out of a chair are hard

If this sounds like you, check with your surgeon or physio which exercises suit your stage, then try the 6 exercises on the next pages.



Exercises after a total hip replacement



Start gently on the bed

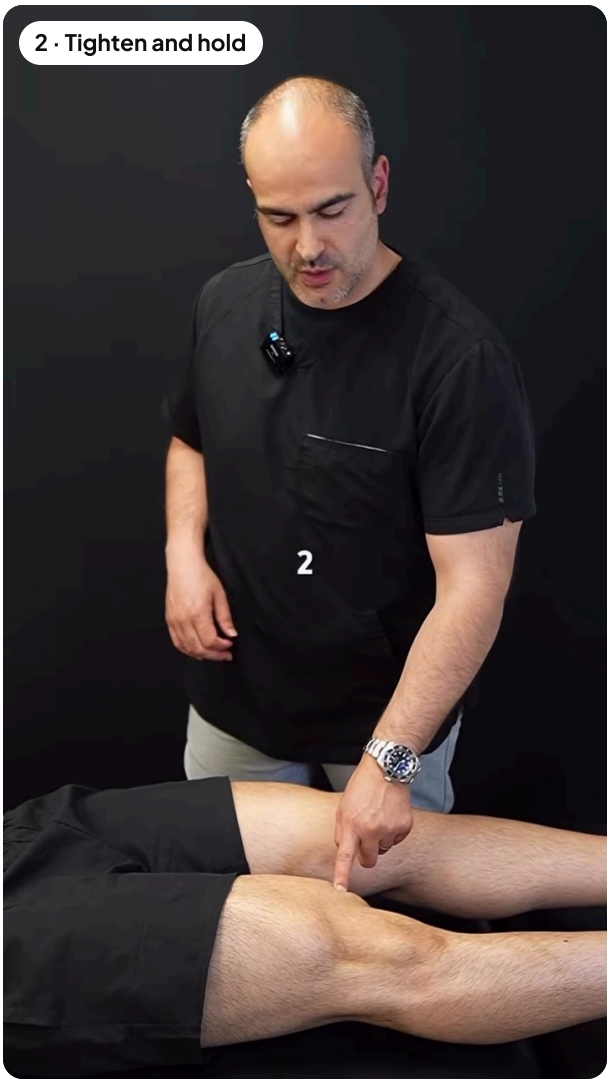
YOUR 6 EXERCISES

Try these exercises

1 Quad set

Regains activation of the thigh muscle





1. **Lie on your back** with your legs straight.
2. **Activate the quad muscle** on real tight, pressing the back of the knee down.
3. **Hold it** 3, 2, 1, and relax.
4. Repeat.

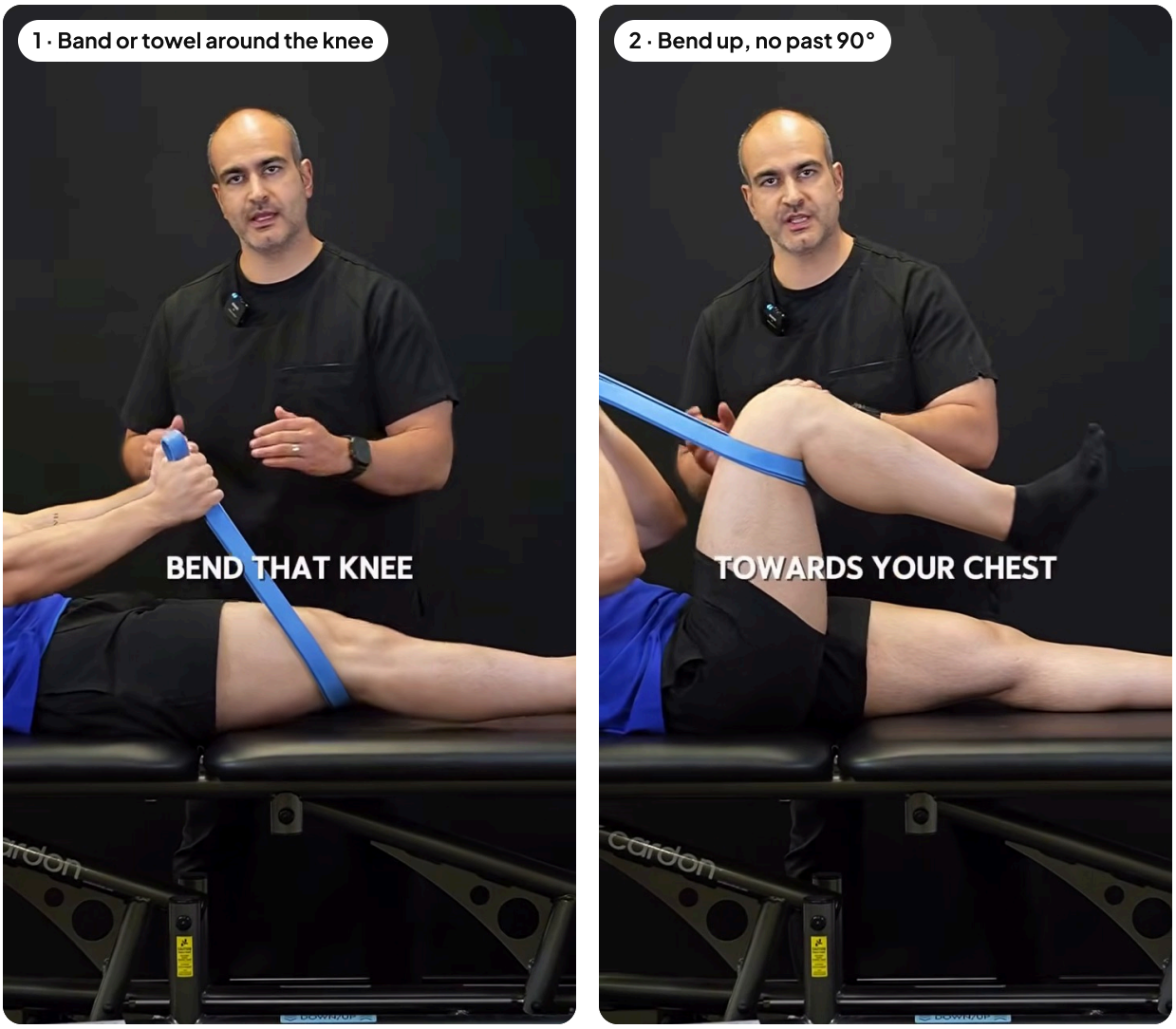
3 sets of 10–15 reps, hold **3–5 s**

From Armin's video description

Stop if you feel sharp pain, pain above about 4/10, or anything that goes against your surgeon's precautions.

2 Assisted knee bend (hip flexion)

Gently regains hip bending



1. **Loop a band or towel around the knee.**
2. **Bend that knee up**, bringing it up towards your chest, and go right back out.
3. **Make sure you're not going past 90 degrees** when you're doing this.
4. Repeat.

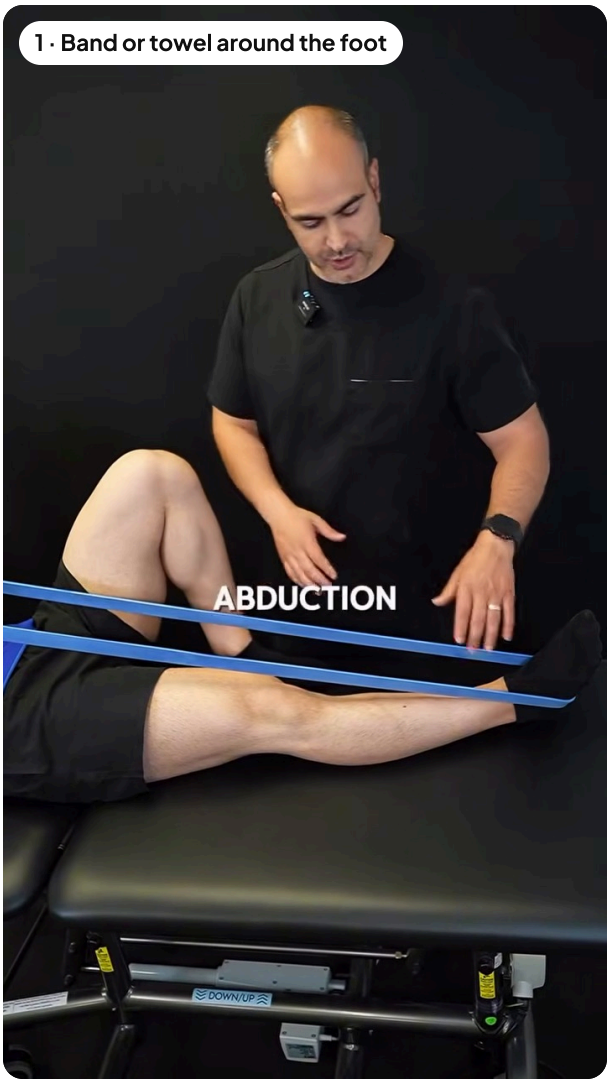
3 sets of 10–15 reps, slow and controlled

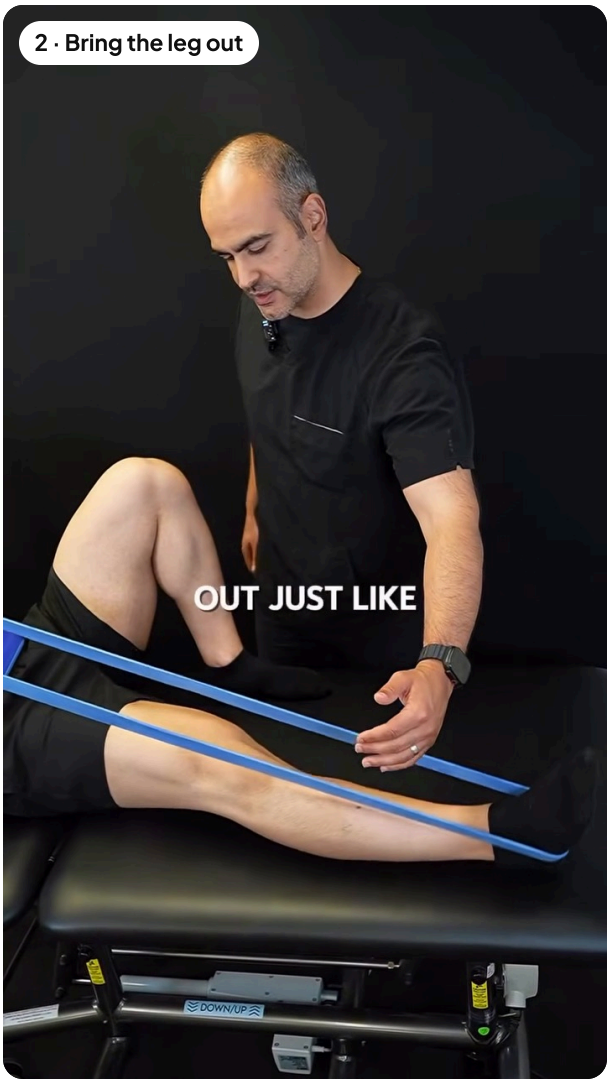
From Armin's video description

Stop if you feel sharp pain, pain above about 4/10, or anything that goes against your surgeon's precautions.

3 Assisted leg slide out (abduction)

Regains moving the leg out to the side





1. **Loop a band or towel around the foot.**
2. **Bring that leg out** to the side just like so, as much as you can tolerate.
3. **Come right back** and repeat.

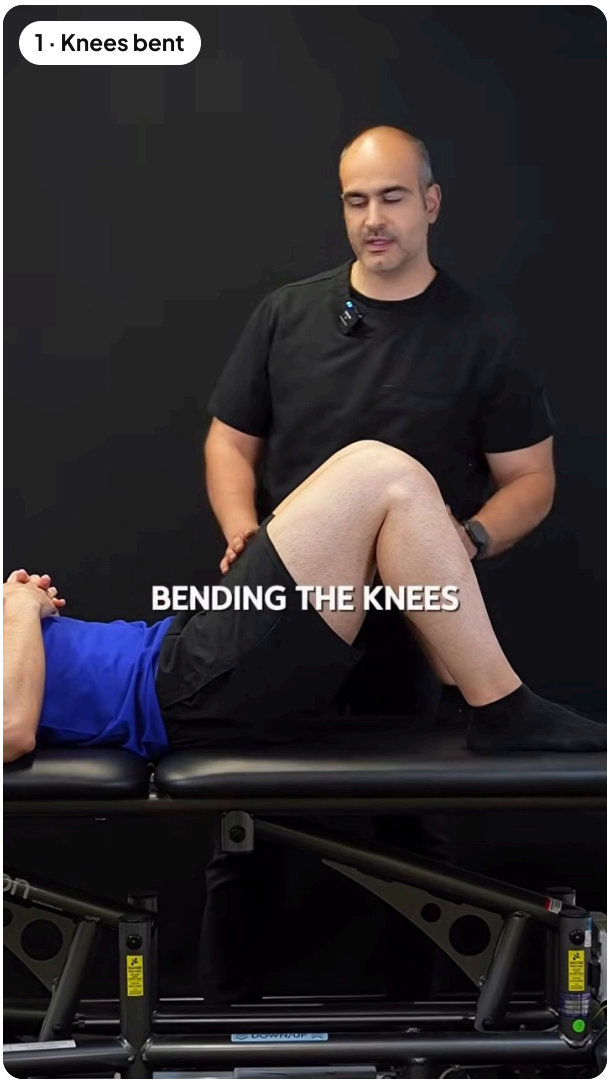
3 sets of 10–15 reps, slow and controlled

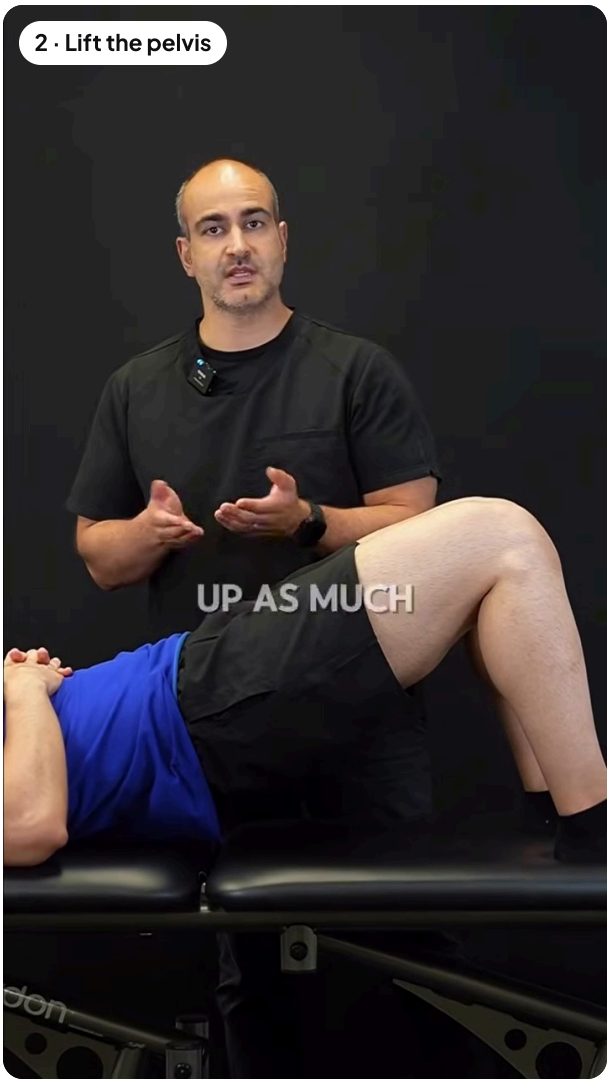
From Armin's video description

Stop if you feel sharp pain, pain above about 4/10, or anything that goes against your surgeon's precautions.

4 Bridge

Reactivates the hip and glute muscles





1. **Lie on your back** like so, **bending the knees**.
2. **Activate those hip muscles**, pressing through the heels.
3. **Lift your pelvis up** as much as you can tolerate.
4. **Go right back down** and repeat.

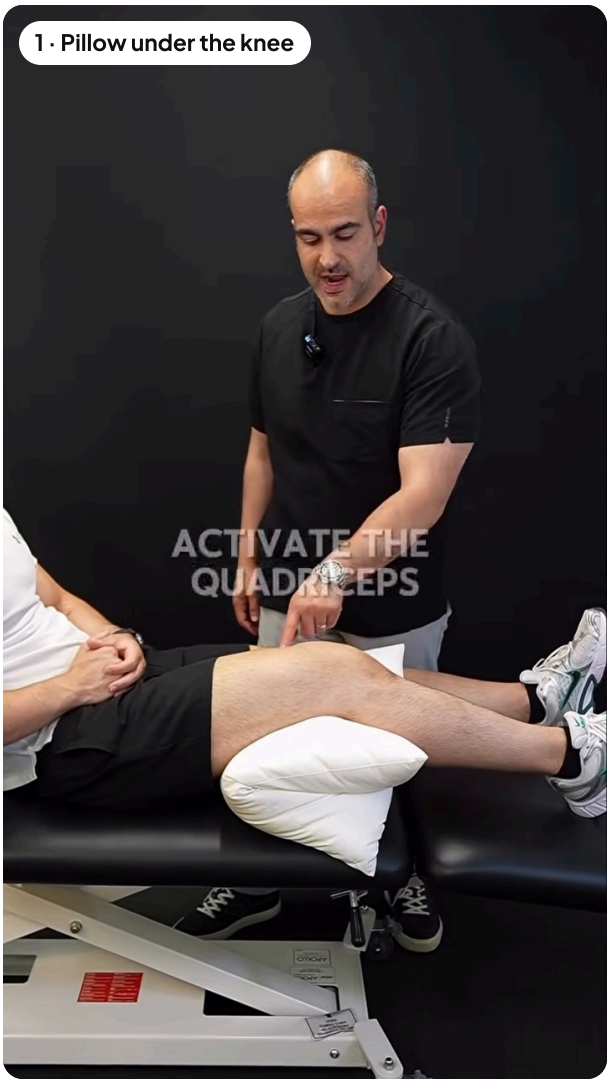
3 sets of 10–15 reps, hold **3–5 s**

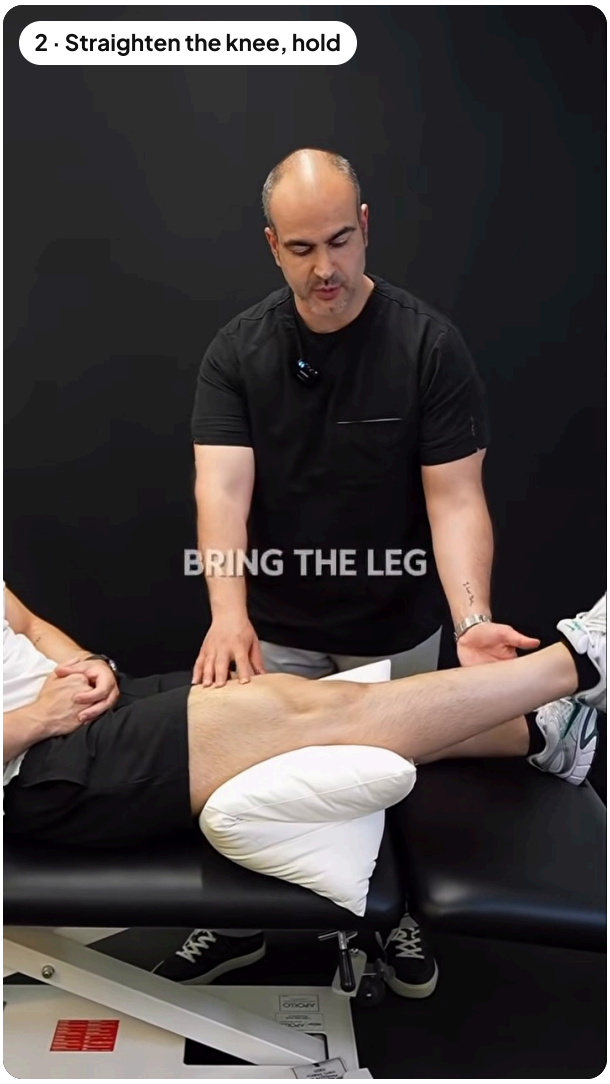
From Armin's video description

Stop if you feel sharp pain, pain above about 4/10, or anything that goes against your surgeon's precautions.

5 Pillow quad lift (short-arc quad)

Strengthens the quads with the knee supported





1. **Place a pillow underneath the knee.**
2. **Activate the quad muscles** and **bring the leg up**, straightening the knee (the knee stays on the pillow).
3. **Hold it for three seconds.**
4. **Slowly lower it down** and repeat.

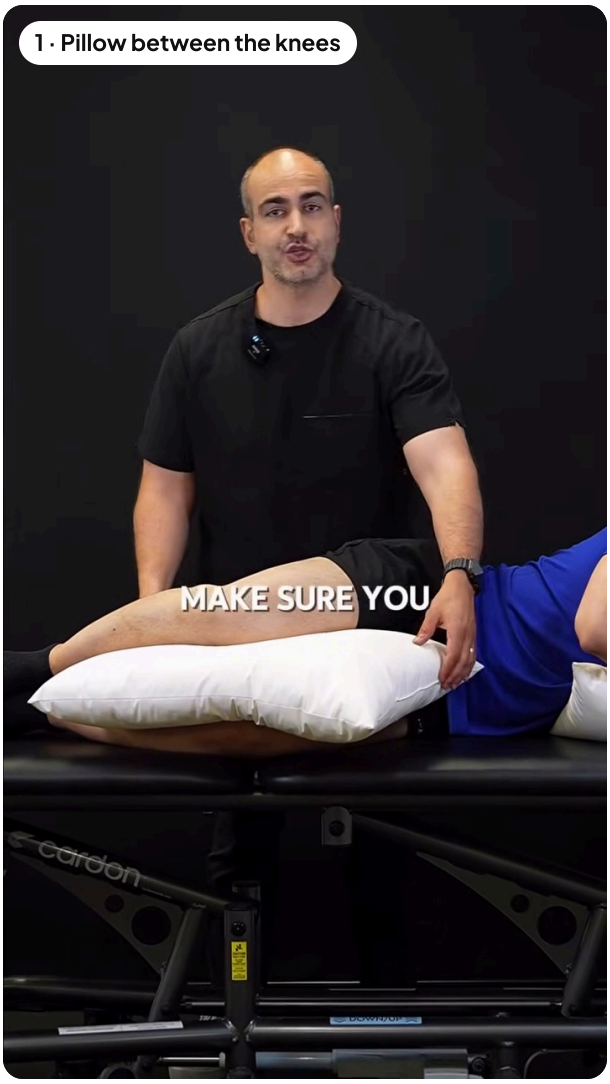
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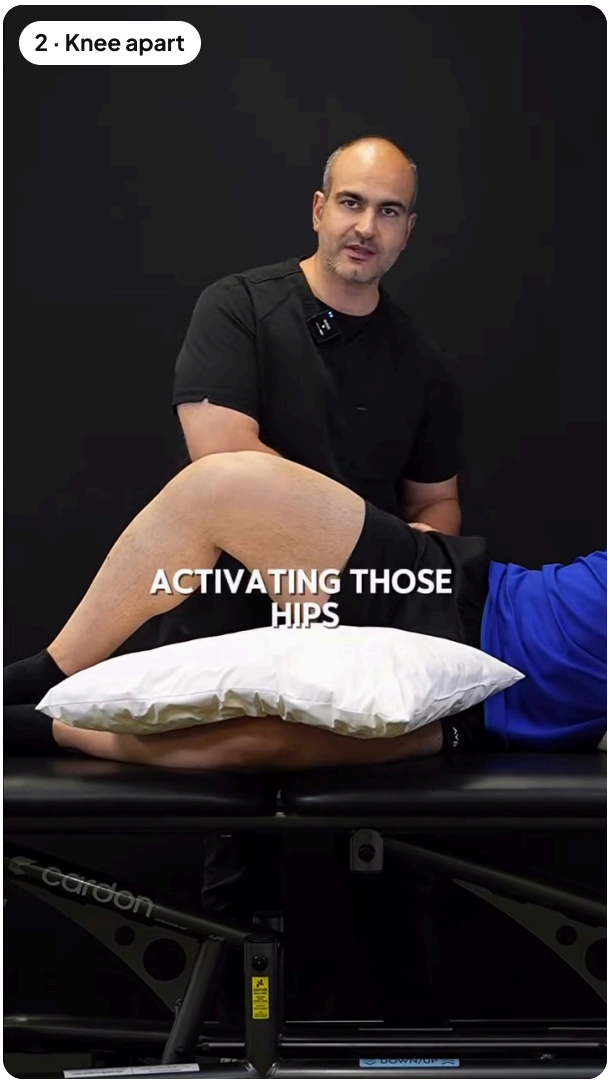
From Armin's video description

Stop if you feel sharp pain, pain above about 4/10, or anything that goes against your surgeon's precautions.

6 Side-lying clamshell with a pillow

Activates the hip abductor muscles





1. **Lie on the non-surgical side.** Make sure you **place a pillow between the knees**.
2. **Bring that knee apart** like so, activating those hips.
3. **Slowly lower** and repeat.
4. Make sure that **knee does not cross the midline** of the body.

3 sets of 10–15 reps, hold **3–5 s**

From Armin's video description

Stop if you feel sharp pain, pain above about 4/10, or anything that goes against your surgeon's precautions.

DAILY ROUTINE · ABOUT 15–20 MINUTES

Put it together

01
Activate
Quad set; pillow quad lift

02
Mobilize
Assisted knee bend; assisted leg slide out

03
Strengthen
Bridge; side-lying clamshell

3 sets of 10–15 with 3–5 s holds are from Armin's video description; doing it once or twice a day is a suggestion. Focus on quality over speed, and only progress as your surgeon and physio allow. Suggested: mild discomfort up to about **4/10** is OK. Don't push through significant pain.

Stop the exercise if you notice

- Sharp pain in the hip or groin
- Anything that breaks your surgeon's precautions (e.g. bending past 90°, knee crossing the midline)
- Pain that lingers or is worse the next day

Your timeline and movement precautions depend on your surgical approach. Always follow your surgeon and physiotherapist (from Armin's description).

SAFETY FIRST

Get checked right away if you have

- **Calf pain, swelling or redness** in either leg
- **Chest pain or shortness of breath** (call 911)
- The wound is **red, hot, leaking**, or you have a **fever**
- The hip suddenly **pops, gives way**, or the leg looks **shorter or turned**
- You **can't put weight** on the leg after a fall
- **Numbness or weakness** in the leg that's new or getting worse

Call 911 for chest pain or shortness of breath. For the others, contact your surgeon right away or go to the nearest emergency department.

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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