
After Total Hip Replacement Home Exercise Program

Position	Movement
1. Lying on your back	<ul style="list-style-type: none"> • Slide the heel of your affected leg up the bed bringing the knee up toward your chest. • Hold for 5 seconds • Straighten the leg back out • Repeat <p>Caution:</p> <ul style="list-style-type: none"> • Do not bend your hip past a 90 degree angle • Do not roll leg in or out.
2. Lying on your back with a rolled towel under your affected knee	<ul style="list-style-type: none"> • Push the back of your knee into the towel – at the same time raise your heel off the bed and straighten your knee • Hold for 5 seconds • Relax • Repeat
3. Lying on your back	<ul style="list-style-type: none"> • Push your knee down into the bed • Hold for 5 seconds • Relax • Repeat
4. Lying on your back	<ul style="list-style-type: none"> • Squeeze your buttocks together • Hold for 5 seconds • Relax • Repeat
5. Lying on your back	<ul style="list-style-type: none"> • Roll your affected leg towards the other until the knee points to the ceiling keeping your knee straight • Hold for 5 seconds • Relax • Repeat

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