

Physiotherapy

Exercises after your hip surgery - Hip Adductor Lengthening

0-4 days after the operation: You must not put weight through the operated leg or foot. (Non-weight bearing status)

4-14 days after the operation: Weight bearing when you move from one position to the other (transfers) only

15 or more days after the operation: You can support your weight through your legs and feet (Full weight bearing status)

Hip abductor brace to be worn except for when doing exercises and transfers

Complete these exercises from day 1 after your operation onwards:

Hip Abduction



What is this exercise for? To increase range of motion at the hip and knee.

Your instructions: Lie on your back. Start with your hip straight. Slide your leg away from the other leg towards the edge of the bed as far as pain allows. Return to starting position slowly and carefully.

Repeat _____ **times,** _____ **per day**

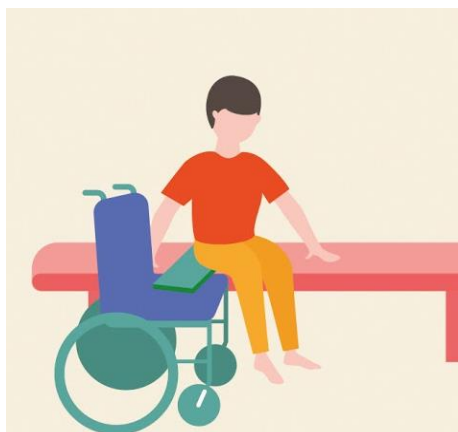
Right / left / both



Patient Information

Slide board transfer from:

a) Bed to wheelchair



What is this exercise for? To improve your ability to move from a bed to your wheelchair and back to your bed.

Your instructions: Make sure the bed has been lowered to the same height as your chair. Move your chair sideways on and as close to your bed as possible. Remove the wheelchair's arm rest and footplate on the side closest to the bed and check the brakes are on.

Sit on the edge of the bed. Then lean to one side, away from your chair to slide one quarter of the slide board under your bottom and sit on it. The rest of the board should be positioned over the chair. Keep your hands flat on the board and with short movements pushing with your hands; slide your bottom along the board to the chair. Position your feet once you have moved across to the chair. Lean to the side and remove the board. Replace armrest and foot plates.

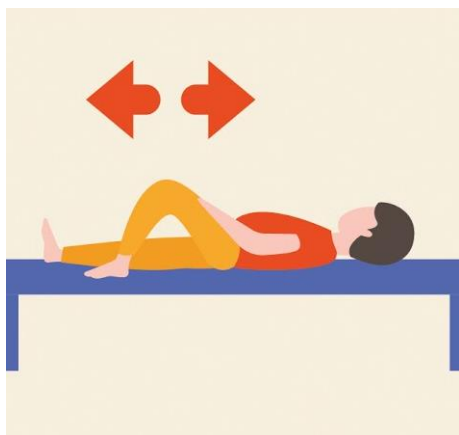
b) Wheelchair to bed



Your instructions: Make sure the bed has been lowered to the same height as your chair. Move your chair sideways on, close to your bed. Remove the wheelchair's arm rest and footplate on the side closest to the bed and check the brakes are on. Sit on the front edge of your wheelchair, lean to one side, away from your bed to slide one quarter of the slide board under your bottom and sit on it. The rest of the board should be positioned over the bed. Keep hands flat on the board and with short movements pushing with your hands; slide your bottom along the board to the bed. Lean to the side and remove the board.

Patient Information

Hip and knee flexion



What is this exercise for? To increase range of motion at the hip and knee.

Your instructions: Lie on your back. Start with your hip straight. Place a carrier bag or plastic apron under your foot and then slide your heel along the bed towards your bottom as far as pain allows. Then gradually straighten your leg, aiming to push your knee into the mattress.

Repeat _____ **times,** _____ **per day**

Right / left / both

Complete these exercises from day 4 after your operation:

Weight bearing transfer from:

a) Bed to wheelchair

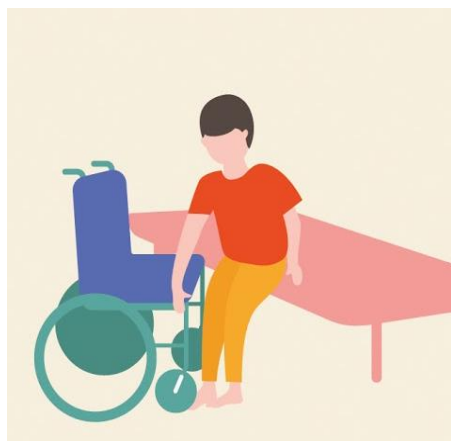


What is this exercise for? To improve your ability to move from a bed to your wheelchair/ wheelchair to bed.

Your instructions

Lower the bed before you start. Sit on the edge of the bed with your chair close by at a 90 degree/ right angle from the bed. Pushing through your hands whilst straightening your arms, practice lifting yourself across onto your chair. Place one hand on the cushion and your other hand on the bed. As pain allows, push through your legs to help move to your chair. Position your feet once you have moved across to the chair.

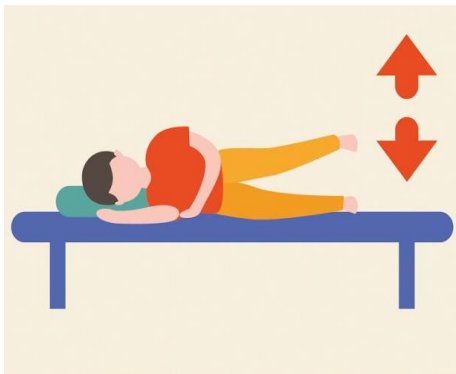
b) Wheelchair to bed



Sit on the front edge of your wheelchair next to your bed. Make sure the wheelchair brakes are on and adjust the height of the bed to the height of your wheelchair. Push through your hands and straighten your arms and practice lifting across onto the bed. Place one hand on the cushion and your other hand on the bed. As pain allows, push through your legs to help move to your bed.

Complete these exercises from day 8 after your operation:

Hip abduction inside lying



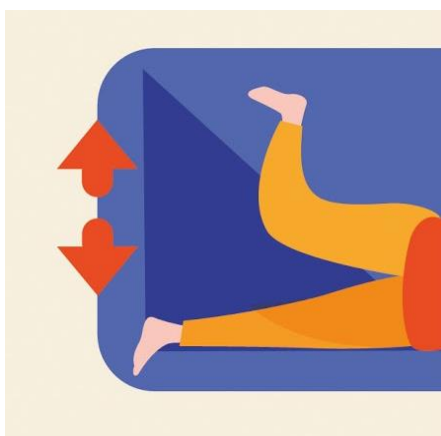
What is this exercise for? To strengthen the muscles at the side of your hip.

Your instructions: Lie down on your side. Start with your top leg resting on the bed. Lift your leg away from the bed leading with your heel. Finish with your leg away from the bed. Keep your hip and knee straight and your foot pointing forward.

Repeat _____ **times,** _____ **per day**

Right / Left / Both

Hip extension inside lying



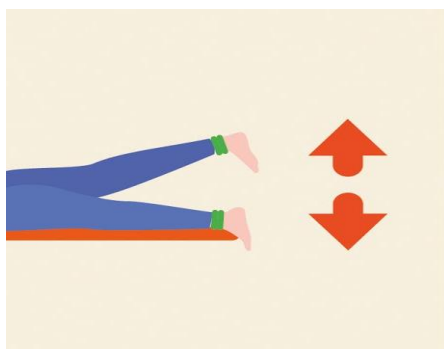
What is this exercise for? To strengthen the muscles at the back and front of your hip.

Your instructions: Lie down on your side, using your hands to support you. With the leg that is on top, lift and move your whole leg forwards until it is in front of your hip as far as you are able to take it without pain and maintain balance. Then move your whole leg back to the starting position and past, so your leg is behind your hip, as far as you go and maintain balance. Return to starting position.

Repeat _____ **times,** _____ **per day**

Right / Left / Both

Hip extension in prone



What is this exercise for? To strengthen the muscles at the back of your hip.

Your instructions: Position yourself lying on your stomach. Start with your leg on the bed. Lift your leg off the bed, keeping your tummy area (trunk) still, hold for 2 seconds and then lower gently to the bed.

Repeat _____ **times,** _____ **per day**

Right / left / both

Patient Information

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