

Physiotherapy

Exercises after your hip surgery - Proximal Femoral Osteotomy with or without Pelvic Osteotomy

0-6 weeks after the operation: You must not put weight through the operated leg or foot. (Non-weight bearing status)

6 or more weeks 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 4 after your operation onwards:

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.



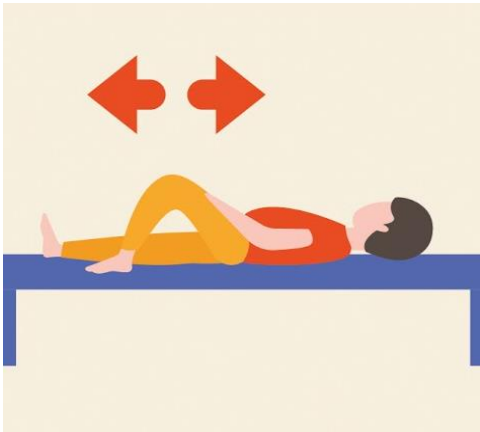
Patient Information

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.

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

Hip Abduction



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

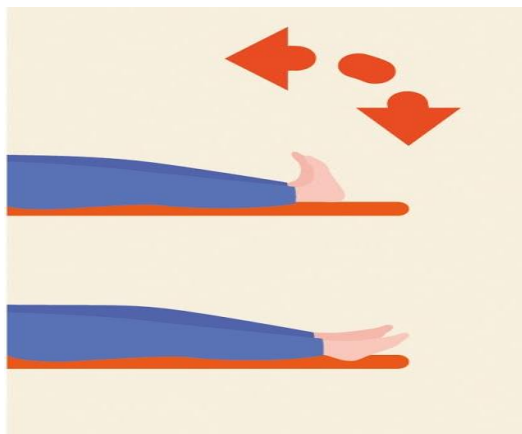
Your instructions: Lie on your back. Start with your hip straight. Slide your leg away from the other leg towards the edge of the bed as far as pain allows. Return to starting position slowly and carefully.

Repeat _____ times, _____ per day

Right / left / both

Patient Information

Ankle Dorsi/plantarflexion



What is this exercise for? To strengthen your ankle muscles.

Your instructions: Lie on your back. Start with your toes pointing down. Finish with your toes pointing up.

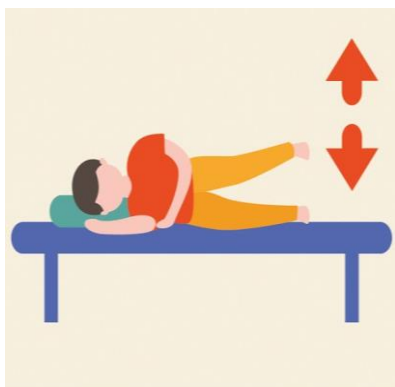
Repeat _____ times, _____ per day

Right / Left / Both

Complete these exercises from 2 weeks after your operation onward:

Hip abductor brace to be worn except for when doing exercises, transfers and when sitting out in your chair.

Hip abduction inside lying



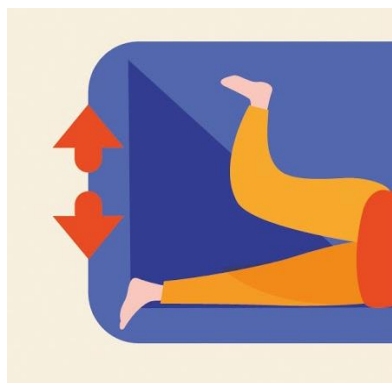
Therapist`s aim: To strengthen the muscles at the side of your hip.

Client`s instructions: Position yourself lying 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. Ensure that your hip and knee are kept straight and your foot points forwards.

Repeat _____ times, _____ per day

Right / Left / Both

Hip extension inside lying



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

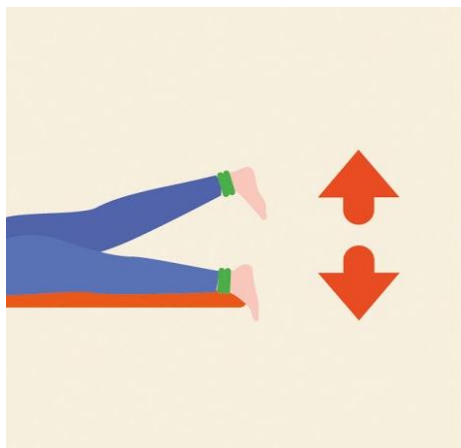
Your instructions: Lie down on your side. Start with your top leg resting on the bed. Lift your leg away from the bed leading with your heel. Finish with your leg away from the bed. Keep your hip and knee straight and your foot pointing forward.

Repeat _____ times, _____ per day

Right / Left / Both

Patient Information

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

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Document History

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