

## Physiotherapy

# Exercises after your leg surgery - Psoas lengthening or Hamstring lengthening

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

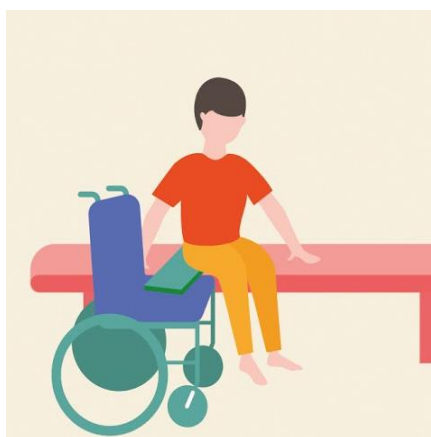
**4-14 days after the operation:** Weight bearing when you move from one position to the other (transfers) only

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

**Complete these exercises from day 4 after your operation onwards:**

**Slide board transfer from:** **What is this exercise for?** To improve your ability to move from a bed to your wheelchair and back to your bed.

a) **Bed to wheelchair**



**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

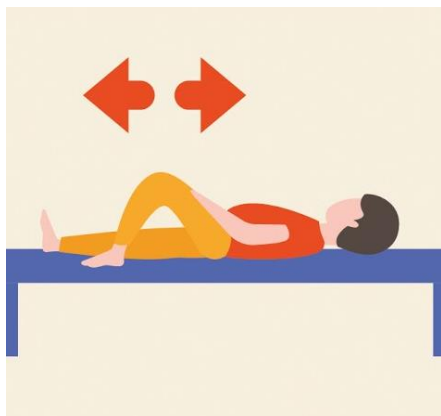
### b) Wheelchair to bed



**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.

**Complete these exercises from day 8 after your operation onwards:**

### 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 flexor stretch up onto hands



**What is this exercise for?** To stretch tight tissue over your hips and trunk.

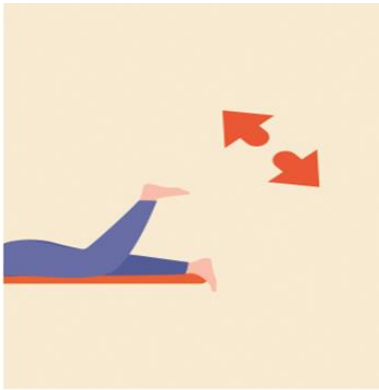
**Your instructions:** Lie on your tummy with your hands under your shoulders. Push through your hands and straighten your arms slowly as far as pain allows and push your hips down into the bed. You should feel a stretch in the front of your thigh. Take a breath out and hold for 5 seconds.

**Repeat** \_\_\_\_\_ **times,** \_\_\_\_\_ **per day**

**Right / Left / Both**

## Patient Information

### Knee flexion in prone



**What is this exercise for?** To stretch the muscles at the front of your thigh.

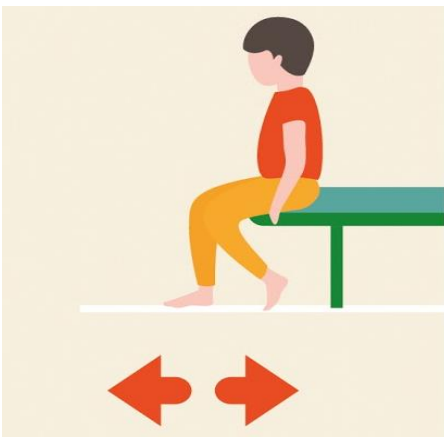
**Your instructions:** Lie down on your stomach. Start with your knee straight. Bend your knee and bring your heel as far towards your bottom as pain allows. Hold for 5-10 seconds

If this is too hard try using a towel, wrapped around the front of your shin to help pull your leg towards you.

Repeat \_\_\_\_\_ times, \_\_\_\_\_ per day

Right / Left / Both

### Knee flexion



**What is this exercise for?** To increase range of motion at your knee.

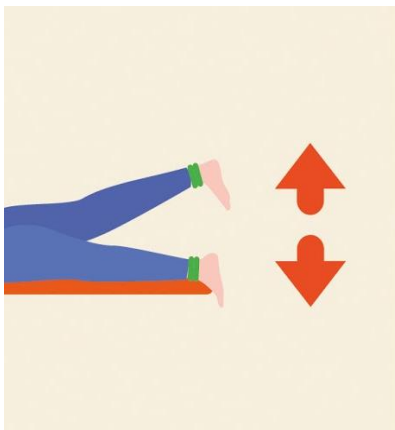
**Your instructions:** Sit with your feet on the floor. Start with your foot in front of your knee. Slide your foot back as far as pain allows aiming to finish with your foot behind your knee. Make sure that you keep your foot on the floor throughout.

Repeat \_\_\_\_\_ times, \_\_\_\_\_ per day

Right / Left / Both

**Complete these exercises from day 8 after your operation onwards:**

### Hip extension in prone



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

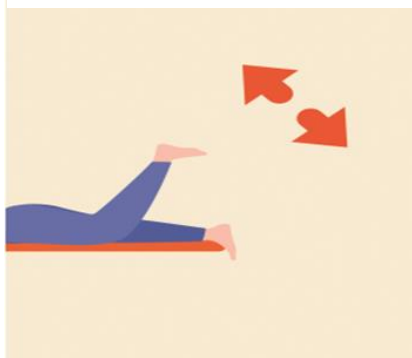
**Your instructions:** Position yourself lying on your stomach. Start with your leg on the bed. Lift your leg off the bed, keeping your tummy area (trunk) still, hold for 2 seconds and then lower gently to the bed.

Repeat \_\_\_\_\_ times, \_\_\_\_\_ per day

Right / left / both

## Patient Information

### Knee flexor strengthening lying on your front



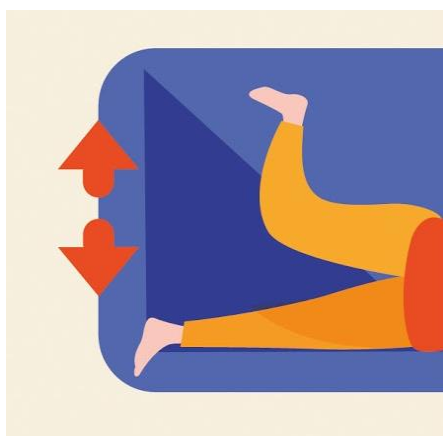
**What is this exercise for?** To strengthen the muscles at the back of your thigh.

**Your instructions:** Lie down on your stomach. Start with your knee straight and bring your heel towards your bottom, bending your knee as far as pain allows and then straighten, lowering slowly to the bed.

Repeat \_\_\_\_\_ times, \_\_\_\_\_ per day

Right / Left / Both

### Hip extension inside lying



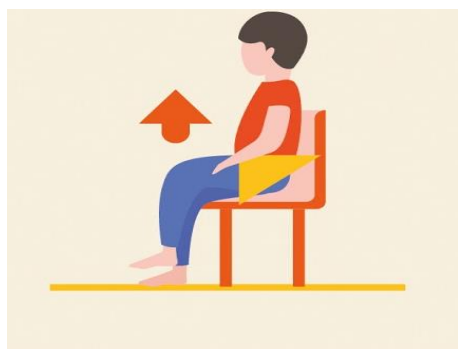
**What is this exercise for?** To strengthen the muscles at the back and front of your hip.

**Your instructions:** Lie on your side, using your hands to support you. With your top leg, 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 keeping balance. Then move your whole leg back to the starting position and past, so your leg is behind your hip, as far as you can go keeping balance. Return to starting position.

Repeat \_\_\_\_\_ times, \_\_\_\_\_ per day

Right / Left / Both

### Hip flexor strengthening in sitting



**What is this exercise for?** To strengthen the muscles at the front of your hip (hip flexors).

**Your instructions:** Position yourself sitting with both feet on the floor. Start with your knee bent and foot on the floor. Keeping your knee bent, lift your knee up until your foot is off the floor. Hold for 5 seconds and then lower gently.

Repeat \_\_\_\_\_ times, \_\_\_\_\_ per day

Right / Left / Both

## Patient Information

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#### Document History

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