

After hip replacement

Hip replacement recovery



How to use this sheet. Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week.

1

Hip precautions



Do NOT bend the hip past 90 degrees, cross your legs, or twist the leg inwards.

For 6–12 weeks**Ask us when to stop**

✓ **Should feel**
Safe movement

✗ **Should not feel**
Any of the four positions shown



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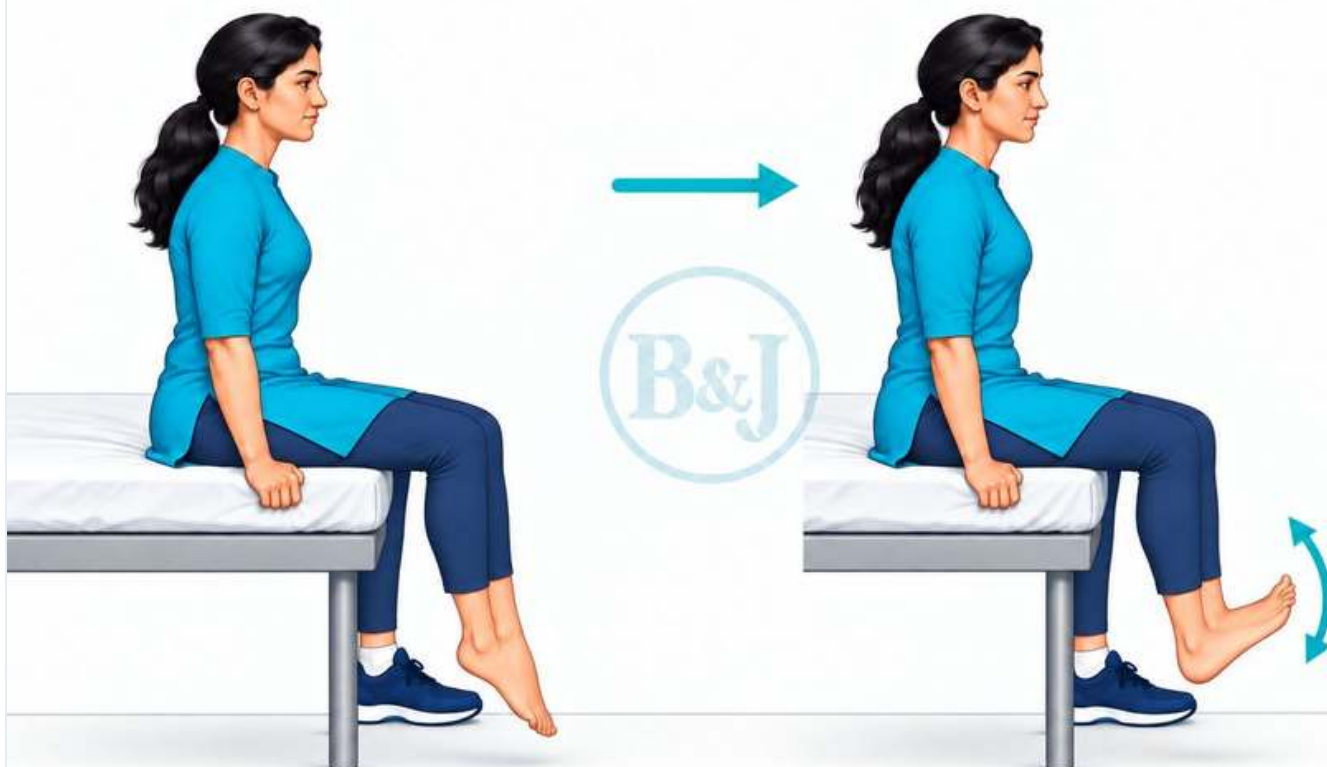
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Virar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Sunday by prior appointment only

2

Ankle pumps



Pump the feet up and down.

20 times

Every hour

✓ **Should feel**

The calf working

✗ **Should not feel**

Calf pain — tell us



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3

Quad sets



Tighten the thigh with the leg straight.

15 times

4 times a day

✓ **Should feel**

The thigh working

✗ **Should not feel**

—



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4

Standing hip abduction



Hold a support. Take the leg out to the side.

10 times

Daily

✓ **Should feel**
The hip working

✗ **Should not feel**
Pain in the groin

Stop and telephone us if

- Sudden severe pain, or the leg looks shorter or turned out — this may be a dislocation
- Calf pain or swelling
- Wound redness, discharge or fever
- A fall



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