

After surgery on the thigh bone: nail or plate

After surgery on a broken bone



Count the weeks from the day of your operation. The date is on your discharge card.

If your doctor wrote a different plan on your prescription, follow that instead of this page.

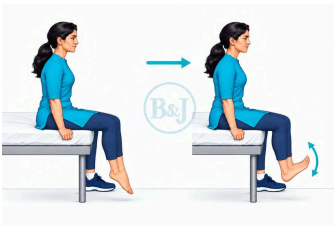
Weeks 0–2

Protect the wound, keep the blood moving and wake up the thigh muscle.

Weight bearing

Nail Full, as comfortable, with a walker, unless we tell you otherwise.

Plate As written on your prescription.



Ankle pumps

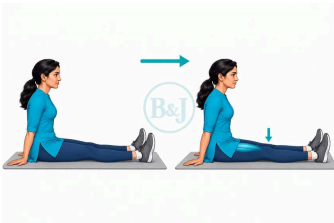
Pump the feet up and down to keep the blood moving.

10 times

Every hour

✓ **Should feel**
The calf working

✗ **Should not feel**
Calf pain or swelling — tell us



Quad sets

Sit with the leg straight. Press the back of the knee down and tighten the thigh.

Hold 5 seconds

10 times

3 times a day

✓ **Should feel**
The thigh muscle tightening

✗ **Should not feel**
Knee pain



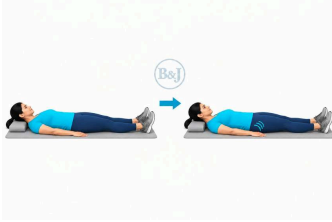
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Buttock squeeze

Lie on your back with the legs straight. Squeeze the buttocks together, hold, then relax.

Hold 10 seconds

10 times

3 times a day

✓ **Should feel**

The buttocks tightening

✗ **Should not feel**

Back pain



Heel slides

Lie down and slide the heel up towards the buttock, bending the knee as far as you can.

10 times

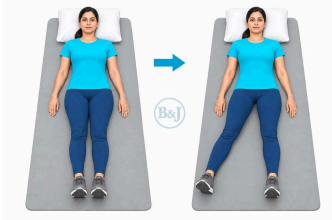
3 times a day

✓ **Should feel**

A stretch as the knee bends

✗ **Should not feel**

Sharp pain at the wound



Lying hip slide out

Lie on your back, legs straight, toes pointing up. Slide the leg out to the side and back, keeping the knee straight.

10 times

3 times a day

✓ **Should feel**

The side of the hip working

✗ **Should not feel**

The toes rolling outwards



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Straight leg raise

Lie down, one knee bent. Keep the other knee straight and lift the leg 20 cm.

Hold 5 seconds

10 times

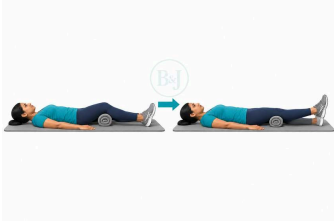
3 times a day

✓ **Should feel**

The thigh working

✗ **Should not feel**

The knee bending or back pain



Short-arc quads

Lie with a rolled towel under the knee. Lift the heel until the knee is straight, hold, then lower slowly. Take the towel away afterwards.

Hold 5 seconds

10 times

3 times a day

✓ **Should feel**

The front of the thigh working

✗ **Should not feel**

Sharp pain at the wound

Not yet A pillow under the knee, twisting on the leg, or driving.

Move to the next stage only after we have seen you, and the X-ray if one was planned.



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Weeks 2–6

Bend the knee to a right angle and walk with support. Carry on with the earlier exercises.

Weight bearing

Nail Full. Move from the walker to crutches.

Plate As written on your prescription. It increases as the X-ray shows healing.



Sitting knee bend

Sit on a firm chair. Slide the foot back under the chair to bend the knee, hold, then bring it forward.

10 times

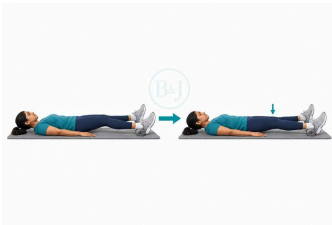
3 times a day

✓ **Should feel**

A stretch as the knee bends

✗ **Should not feel**

Sharp pain



Terminal knee extension

Rest the heel on a rolled towel so the knee hangs free. Press the knee down straight.

Hold 5 seconds

10 times

3 times a day

✓ **Should feel**

The back of the knee stretching

✗ **Should not feel**

Sharp pain



Standing hip abduction

Hold a chair. Lift the leg out to the side, keeping the body upright.

10 times

Daily each side

✓ **Should feel**

The side of the hip working

✗ **Should not feel**

Leaning over



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Standing hip extension

Hold a chair. Take the leg backwards, keeping it straight.

10 times

Daily each side

✓ **Should feel**

The buttock working

✗ **Should not feel**

Arching the back

Not yet Squatting, running or lifting.

Move to the next stage only after we have seen you, and the X-ray if one was planned.



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Weeks 6–12

Walk without a limp and build strength. Carry on with the earlier exercises.

Weight bearing

Nail Full. Cut down the walking aids.

Plate As written on your prescription, as the X-ray allows.



Mini squat

Hold a support and bend the knees a little way.

10 times

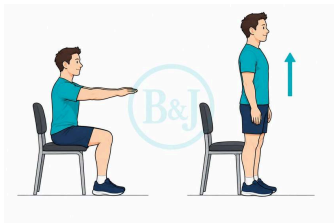
Daily

✓ **Should feel**

The thighs working

✗ **Should not feel**

Knee pain



Stand up from a chair

Sit towards the front of a firm chair. Fold the arms across the chest, lean forward over the knees, and stand up **without using your hands**. Lower yourself back down slowly.

10 times

3 times a day

✓ **Should feel**

The thighs working, and a slow controlled sit

✗ **Should not feel**

Dropping into the chair



Bridging

Lie on your back, knees bent. Lift your hips off the floor, hold, then lower.

10 times

Daily

✓ **Should feel**

The buttocks and back of thighs working

✗ **Should not feel**

Cramp, or back pain



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Step-up

Hold a rail. Step up onto a low step with the operated leg, then step down with the other leg.

10 times

Daily

✓ **Should feel**

The thigh working

✗ **Should not feel**

The knee falling inwards



Step down

Stand on a low step and lower the other heel slowly towards the floor.

10 times

Daily

✓ **Should feel**

Controlled lowering

✗ **Should not feel**

The knee falling inwards



Single-leg balance

Stand on one leg beside a worktop.

30 seconds

3 times a day

✓ **Should feel**

Working to stay steady

✗ **Should not feel**

Losing balance — hold on



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Calf raises

Rise onto both toes and lower under control.

15 times

Daily

✓ **Should feel**

The calf working

✗ **Should not feel**

Sharp pain

Not yet Running, jumping or heavy manual work, until about 3 months.

Move to the next stage only after we have seen you, and the X-ray if one was planned.



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Week 12 onwards

Back to work and sport, as the X-ray shows. Carry on with the third-stage exercises.

Weight bearing Full.



Static cycling

Set the seat high, so the knee is almost straight at the bottom. Pedal gently with little resistance.

10 minutes

Daily

✓ Should feel

The knee moving freely

✗ Should not feel

Pain in the knee or hip

Not yet Contact sport until we clear you.

Stop and telephone us if

- Sudden breathlessness, chest pain or confusion — go to the nearest hospital
- The calf becomes swollen, tight or painful
- Pain that keeps getting worse despite the painkillers
- The foot becomes numb, cold, pale or blue
- Wound redness, discharge or fever
- A new snap, or the leg gives way



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