

Matron - Lynn Ashurst
0151 430 1600 (Bleep 7037)

Ward Manager - Lyndsay Hamlet

Ward Sister - Carol Grindley
0151 676 5990

Neck of Femur Specialist Nurse - Caroline Roberts
0151 290 4907

Discharge Co-ordinator - Mandy Evans
0151 290 4402

Therapy Team
0151 430 1186

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

 /sthknhs  @sthk.nhs
www.sthk.nhs.uk

Fractured Neck of Femur Exercise Booklet

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

Author: Orthopaedic Team
Department: Therapy Services
Document Number: STHK1703
Version: 1
Review Date: 31 / 07 / 2024

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

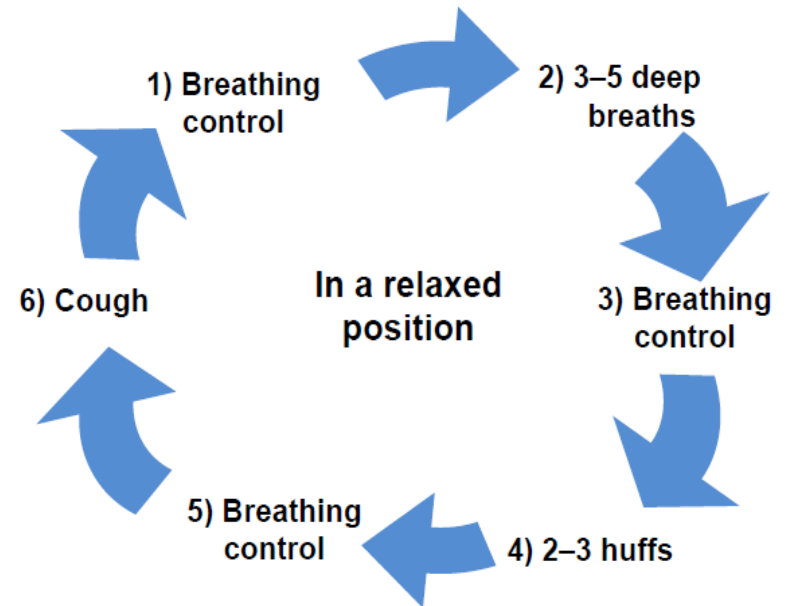
.....

This technique can help with deep breathing and clearing your chest of sputum (phlegm).

It is common to have secretions in your lungs after surgery and lying flat for some time, which can be difficult to clear.

Do the following exercises **every hour** or more frequently if needed.

Ensure you are sat upright in a comfortable position to start with.



Repeat this cycle if you cough any sputum up

Bed Exercises After Surgery

These exercises should be done **at least** three times a day.

The ward therapist may assist you with some of these exercises initially after your operation – but you will be expected to continue with these independently. We advise you to carry out your exercises approximately 20 minutes after you have taken your pain relief.



Lying on your back or sitting.

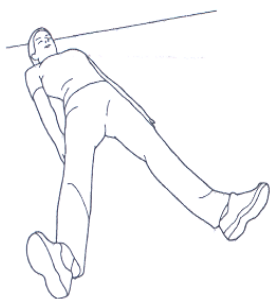
Bend and straighten your ankles briskly on both legs for at least 30 seconds every hour.



Lying or sitting on your bed.

Slowly bend and straighten your leg. (Use a sliding board or plastic bag to make the movement easier).

Repeat 10 times.



Lying or sitting on your bed.

Slowly take your operated leg out to the side and then back to mid position (Use a plastic bag under your leg to slide on).

Repeat 10 times.

Exercises



Do not attempt this exercise for at least **6 weeks** after your operation.

Lie on your **unoperated** side, with a **pillow** between your knees, supporting yourself on your elbow.

Use your top arm to support yourself in front.

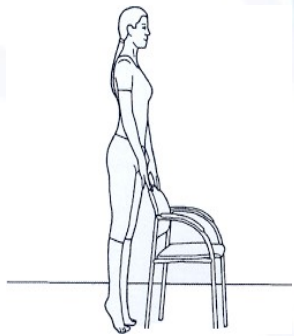
Keeping your operated leg straight lift it up towards the ceiling. Make sure the leg stays in line with your body and toes point forwards

Repeat 10 times.

Further progression exercises will be given to you as you progress by the Therapy Staff at the Rehabilitation Unit or Community Therapist.

Standing Exercises

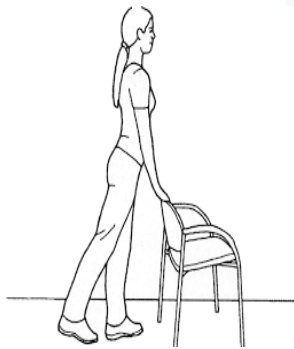
Only complete after an assessment by the Therapist



Stand holding onto a high backed chair or kitchen work top.

Push up on your toes and then lower.

Repeat 10 times.

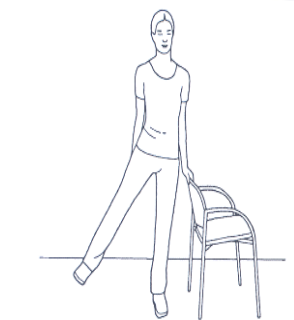


Stand on your **unoperated** leg holding onto a support.

Lift your operated leg out behind you keeping your back straight throughout the exercise.

Repeat 10 times.

After 6 weeks you can progress to doing this exercise standing on you operated leg. (Stop immediately if this causes you significant discomfort.)



Stand on your **unoperated** leg holding onto a support. Lift your operated leg out to the side keeping your back straight throughout the exercise.

Repeat 10 times.

After 6 weeks you can progress to doing this exercise standing on your operated leg. (Stop immediately if this causes you significant discomfort.)

Bed Exercises



Lying on your back with knees bent and arms by your side, squeeze your buttocks together and lift your bottom off the bed.

Hold 5 seconds then return to starting position.

Repeat 10 times.



Lying or sitting on your bed, with legs straight.

Pull your toes up towards you and push the back of your knee down firmly into the bed.

Hold 5 seconds then relax.

Repeat 10 times



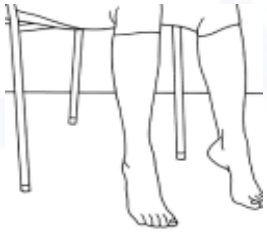
Lying or sitting on your bed.

Pull your toes up towards you, push the back of your knee into the bed then keeping your leg straight, lift it off the bed 6 inches.

Hold approx 5 seconds then slowly relax.

Repeat 10 times.

Chair Exercises



Tap your toes and heels on the floor
1-2 minutes, hourly.



Sit on a chair. Straighten your leg out
in front of you and then bend your knee
back under the chair (do one leg at a
time)

Hold for 5 seconds and slowly relax
your leg.

Repeat 10 times



Sit on a chair. Lift your knee up
towards you so your foot is off the floor
and then lower (do one leg at a time).

Repeat 10 times



Sit on a chair and squeeze your
bottom muscles.

Hold for 5-10 seconds and relax

Repeat 10 times.

Chair Exercises



Touch your fingertips to your shoulders
then straighten your arms out to the
side.

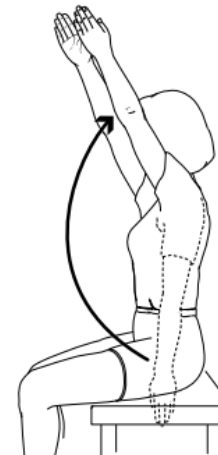
Repeat 10 times.



Turn your head slowly as far as you
can to the right and back to the middle.

Repeat to the left side.

Repeat 10 times.



Lift your arms above your head and
then lower your hands to your thighs.

Repeat 10 times.