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If there is no answer, please leave a short message with your name, hospital number and contact number and we will endeavour to get back to you as soon as possible.

Do you want to comment or know more about Therapy Services?

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Stage 2 exercises following total hip replacement

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Na żądanie ta ulotka może zostać udostępniona
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Stage 2 exercises

The following exercises have been identified by your therapist to further enhance your progression and rehabilitation following your total hip replacement. Some of these exercises may replace certain exercises taught to you earlier on following surgery. Your therapist will advise which of these exercises you should be continuing with.

At this stage in your recovery, you should be trying to get back to your normal level of mobility and everyday tasks and routines. You may still be experiencing some aching and discomfort in the weeks following your surgery. This can continue for 3-6 months but should gradually be improving as the weeks progress. Continuing with your exercises and following advice from your therapist will help with this.

In some cases, swelling can remain at this stage. It is important that you follow the advice provided by your therapist to help manage this.

Aim to complete the following exercises 3-4 times per day.



Stand on a level surface.

Place your hands on something steady such as the work surface to give you support.

Practice lifting your operated leg off the floor.

Count how long you can balance and hold this for, aim for 10 seconds.

If you feel unsteady, remember to put your foot back down to the floor.

When you feel ready, swap to lift your non-operated leg as you feel able to and repeat as above.

To make this more challenging, try to do the same exercise with your eyes closed - please ensure you only attempt this if you feel ready to do so.

Keep your hands close to a stable surface and open your eyes if you feel you are too unsteady.

Balance exercises



Stand on a level surface with your feet close together. Place your hands on something steady such as the work surface to give you support.

Hold this position for 30 seconds. To progress this exercise, repeat the standing position but aim not to use your arms for support.

Hold this position for 30 seconds.



Stand with one foot in front of the other. Place your hands on something steady such as the work surface to give you support.

Hold this position for 30 seconds.

To progress this exercise, repeat the standing position but aim not to use your arms for support.

Hold this position for 30 seconds.

Alternate feet and repeat as above.

Strengthening exercises



Lying on your non-operated side.

Keep your knees bent and ankle touching together.

Clench your bottom muscles together and without twisting your trunk or rolling back, slowly lift your top leg upwards to bring your knees apart.

Hold for up to 10 seconds and then slowly lower.

Repeat 5-10 times.



Repeat the exercise as above, but this time place a resistant band around both legs, just above your knees.

Repeat 5-10 times.

Strengthening exercises

Step-ups



Standing in front of a step or at the bottom of your stairs and place your hand on the stair rail/banister (and the other hand against the wall to steady yourself) if needed.

Step up with your operated leg on to the bottom step and aim to bring the other leg up to complete the first step (only do this if you feel steady and strong enough to do so).



Once stood with both feet on the same step, then step down backwards with your operated leg first followed by your non-operated leg.

Repeat 10 times

You may need to use support from a rail to complete this exercise initially, but you may aim to progress to not using a rail - your therapist will advise if this is appropriate for you.

Sit to stand



Sitting on the bed or chair with your arms crossed and feet flat on the floor.

Practice standing up and then sit down again slowly.

This can be made easier or more difficult by changing the height of the chair.

Repeat 5-10 times

