

EXERCISES AFTER HIP REPLACEMENT SURGERY

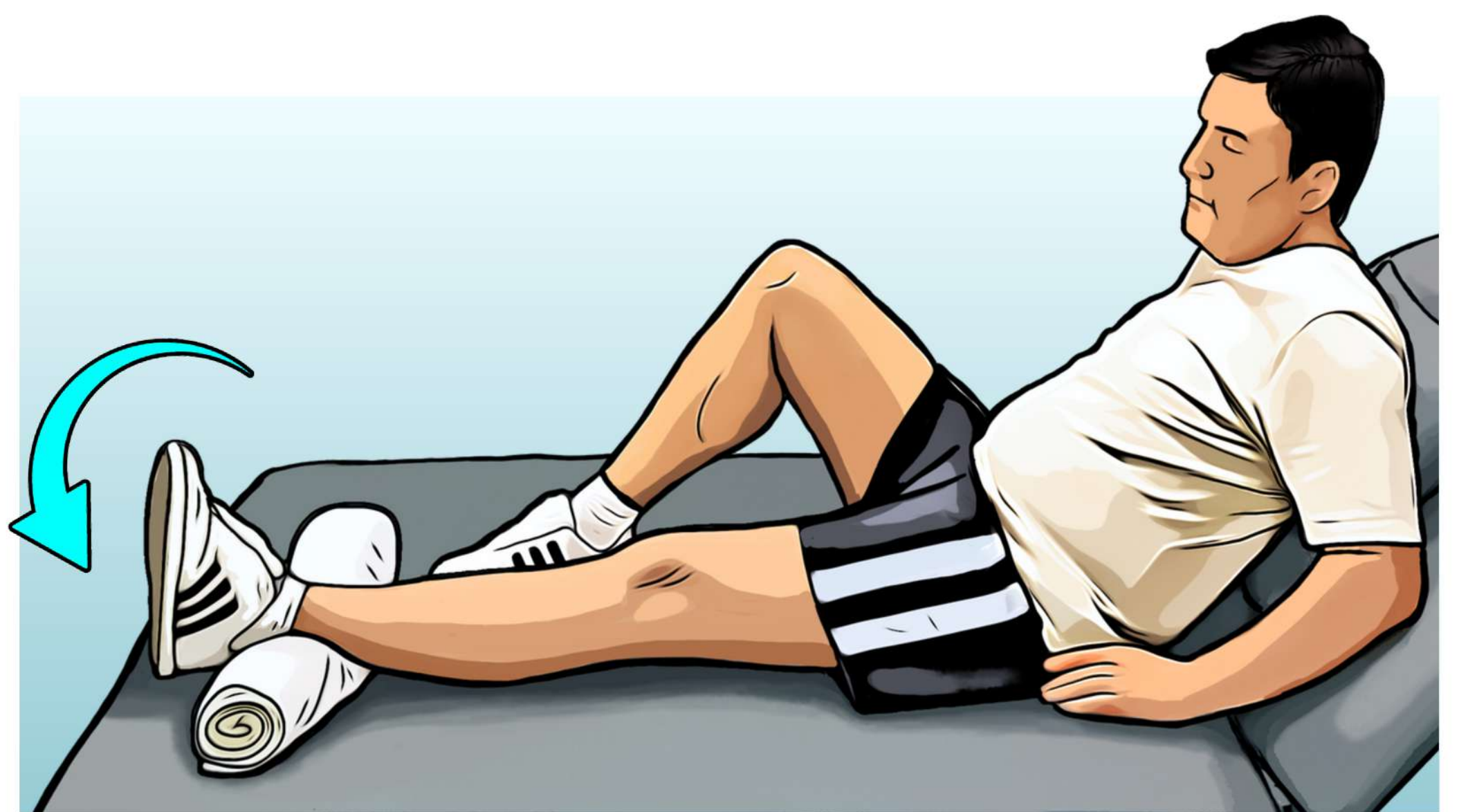
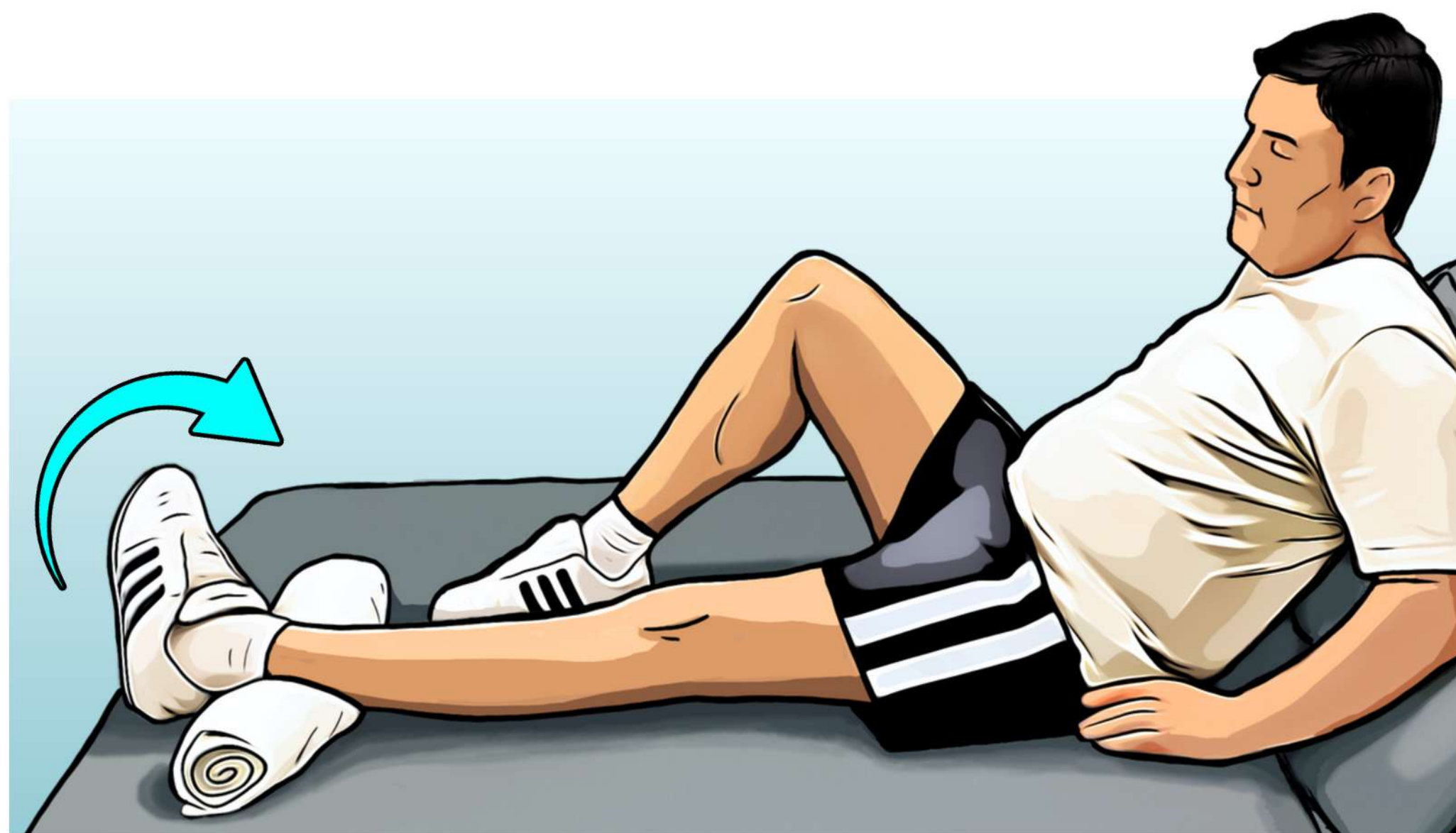


- Perform your exercises 4 times a day.
- Apply cold therapy (wrapped in a towel) for 20 minutes after exercising.

1

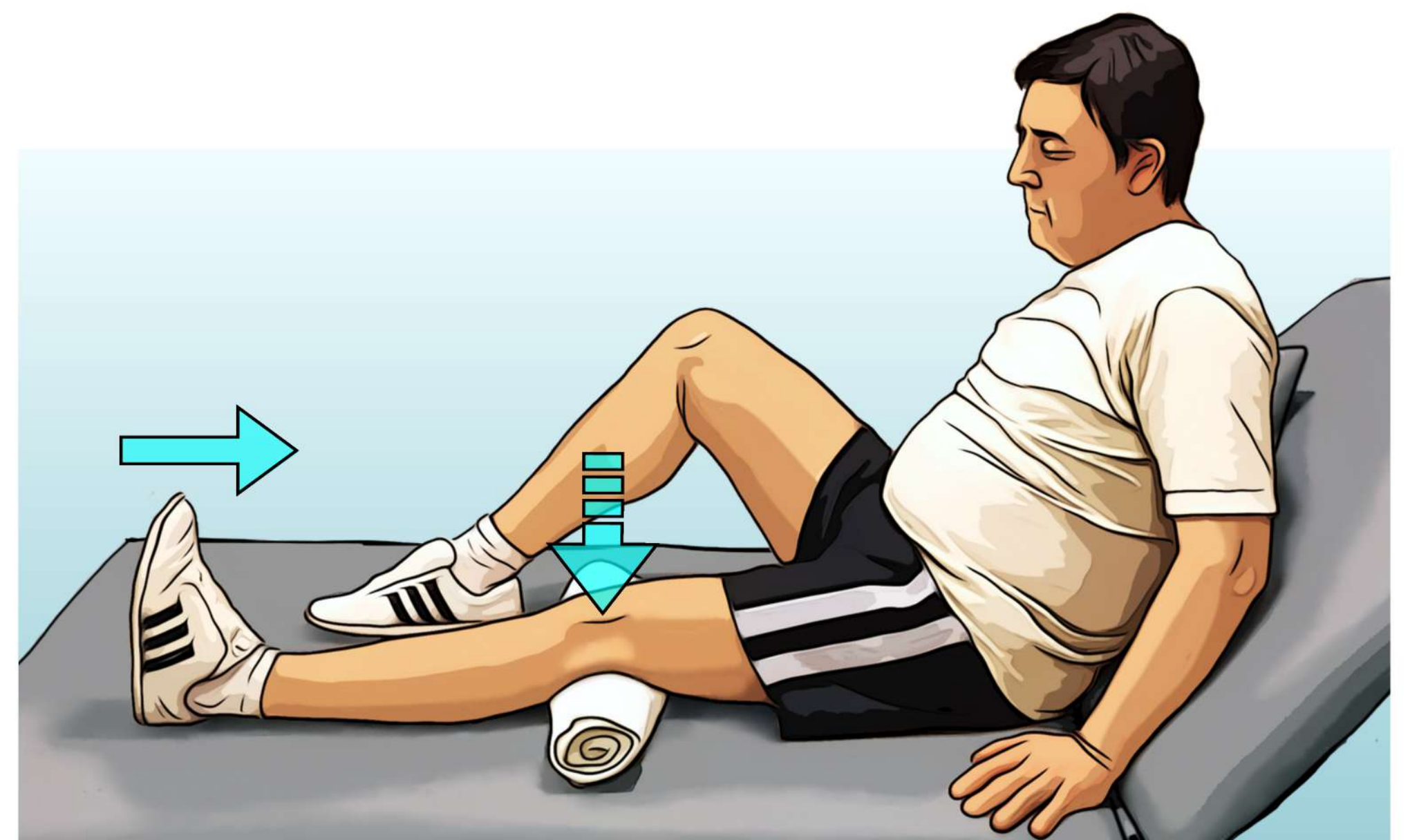
Sit with your back supported. Place a rolled-up towel under your ankle. Push your ankle downwards, pull it towards you, and rotate it inward and outward as shown in the diagram.

Hold each position for 10 seconds, then rest for 10 seconds. Repeat each movement 10 times.



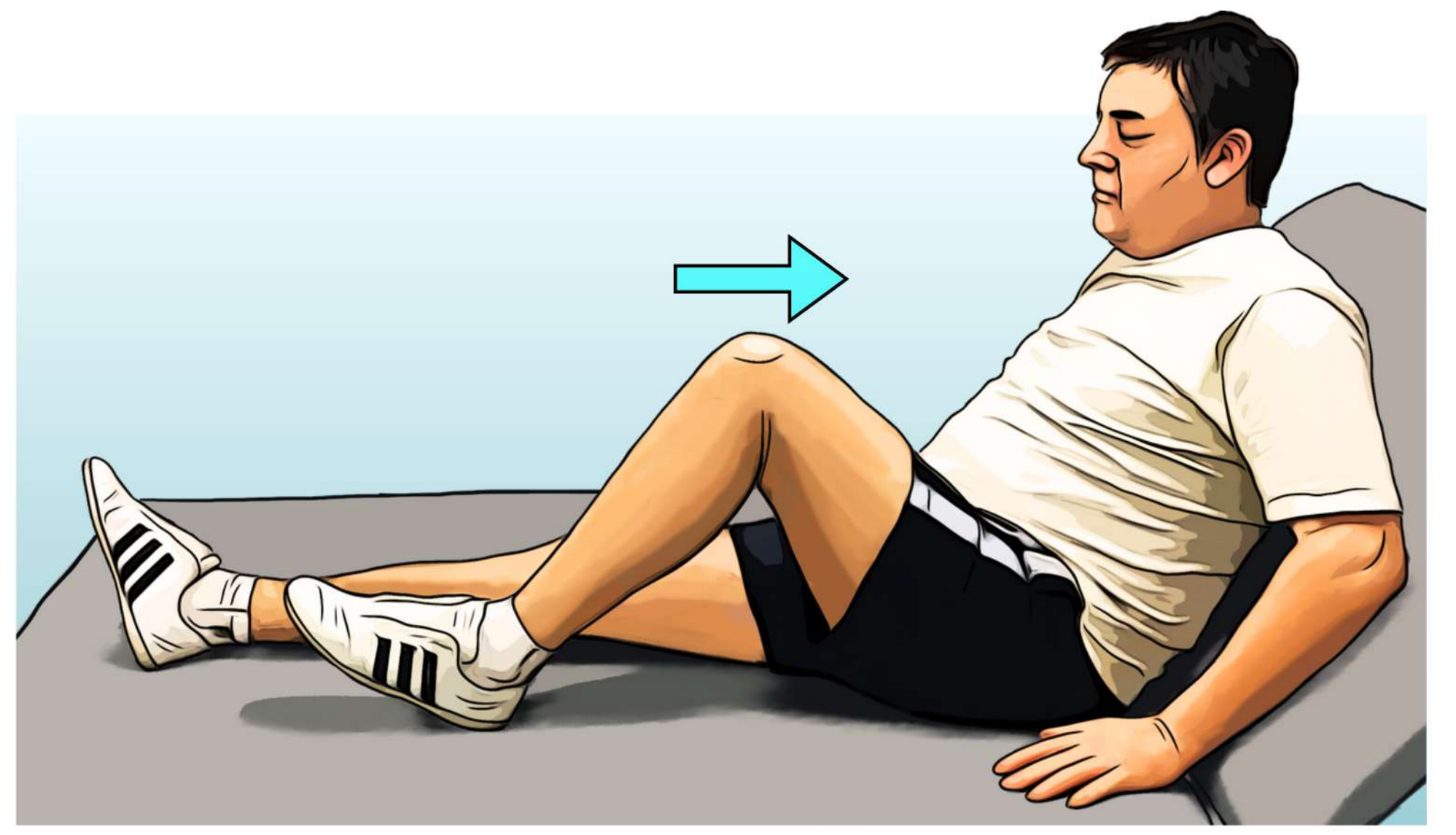
2

Sit with your back supported. Place a rolled-up towel under your knee. **Pull your ankle towards you and press your knee down onto the towel.** Hold for 10 seconds, then rest for 10 seconds. Repeat this exercise 10 times.



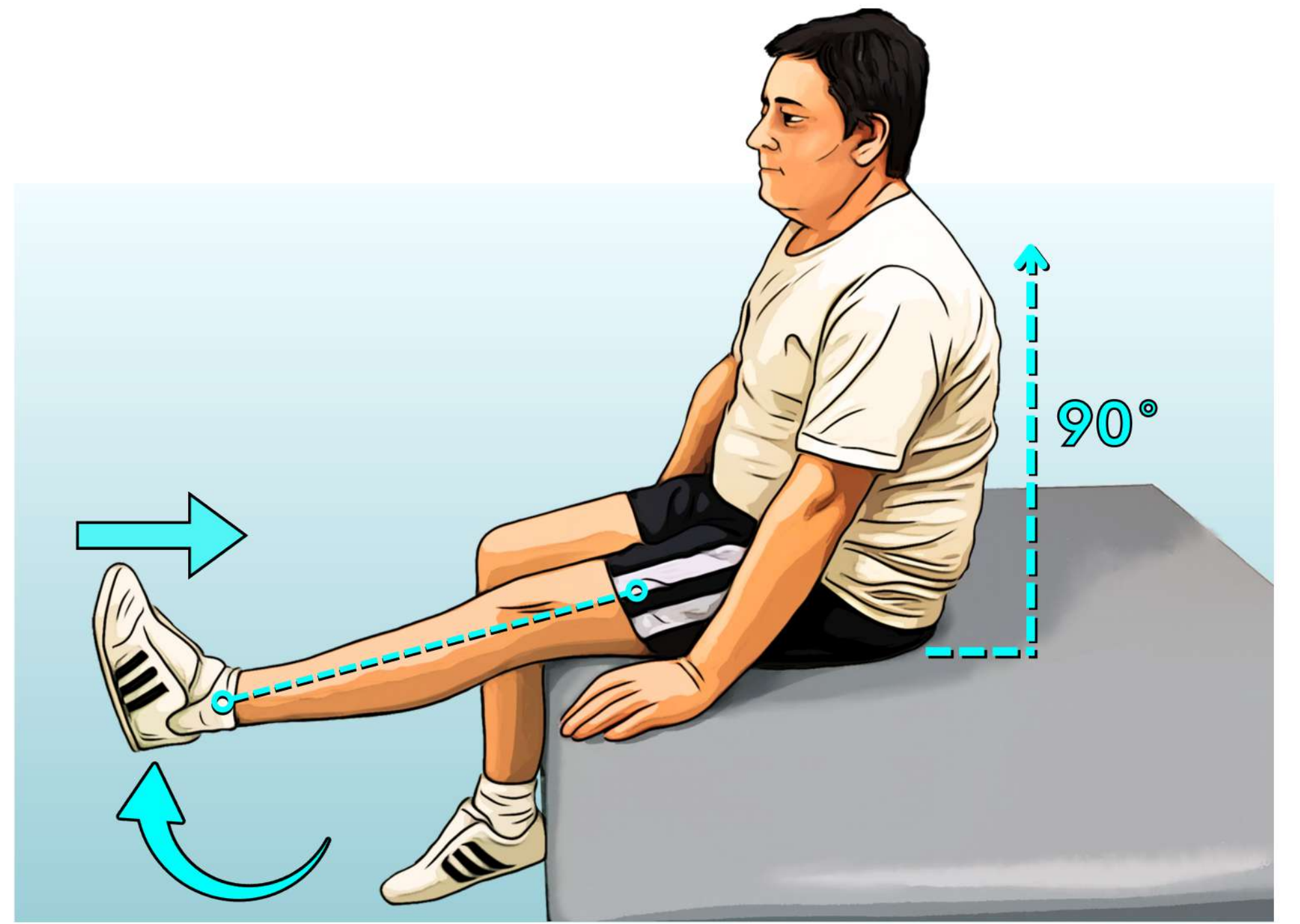
3

Lean your back against something. Bring your knee towards your chest, **but avoid straining yourself. Hold for 10 seconds, then rest for 10 seconds. Repeat this movement 10 times.**



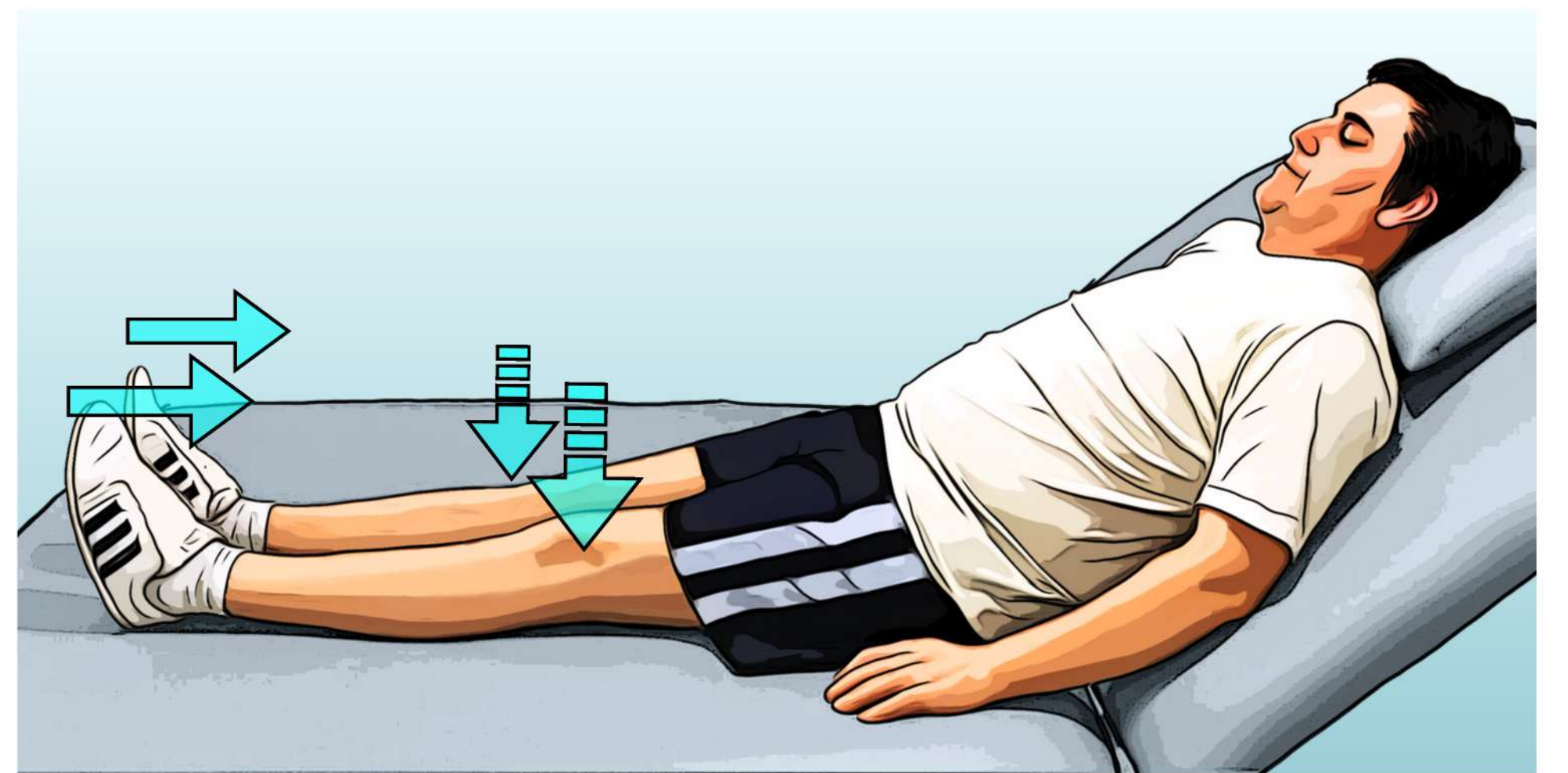
4

Sit upright on the edge of the bed or a chair. Pull your ankle towards you and lift your leg upwards, **keeping your knee straight. Hold for 10 seconds, then rest for 10 seconds. Repeat this exercise 10 times.** Use your hands to stabilize yourself by holding the edge of the bed or chair to prevent leaning backward.



5

Lie on your back. Tighten your gluteal muscles and press the back of your knees down towards the surface. **Pull your toes towards you. Hold this position for 10 seconds, then rest for 10 seconds. Repeat 10 times.**



! Important Precautions

- Do not remain seated for more than 30 minutes at a time.
- Avoid raising your knees above hip level.
- Use elevated seating and avoid sitting on low surfaces. Always use a cushion to raise your seat height if necessary.
- When standing up, support yourself with your arms and keep your operated leg forward. Avoid leaning forward.
- Do not cross your legs. Keep your knees at least 10-15 cm apart when seated.
- When lying down, always place a pillow between your legs. Avoid lying on the operated side. If lying on your non-operated side, place a pillow between your legs for support.
- Wear shoes that wrap securely around your ankle. Use a long-handled shoehorn for putting on shoes.
- Remove rugs, mats, cables, or other items that might pose a tripping hazard.
- Avoid sitting on the floor or cross-legged. Use a stool, chair, or raised seating instead.
- Use a raised toilet seat if your toilet is not high enough.
- Install safety supports in your bathroom and toilet for added stability.

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FOR INFO

