

## PRHC ORTHO INTAKE CLINIC

# STAYING ACTIVE BEFORE YOUR HIP REPLACEMENT

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It is important to be active while you wait for your surgery. People with a painful hip are often afraid to be physically active as they think they may be doing more harm than good. This is not true. **Research has shown that exercise can help decrease pain, increase leg strength and keep one's heart in good condition leading up to surgery.**

**If you are not a regular exerciser, speak with your health care provider before starting.**

Endurance activities such as walking, swimming, exercising in the pool, or using a stationary bicycle are good for your heart, lungs, circulation and muscles. If you have not been exercising regularly, start **SLOWLY**. Aim to be physically active every day. Start with a few minutes and progress gradually until you can be active for at least 150 minutes per week. Spread out your activities into sessions of at least 10 minutes at a time throughout each week. Participating in an exercise program before your surgery will help you recover more easily after surgery.

The following strengthening exercises are suggested to be completed 1 – 3 times per day. Hold each position for 5 seconds before slowly returning to the starting position. Repeat each exercise several times until the muscle you are exercising feels tired. 10 repetitions is often a good number to start with.

**Unless otherwise indicated by your physiotherapist, please complete these exercises 1 - 3 times a day, 10 times each session with a 5 second hold each time.**

**Stop doing any exercise that causes you excessive pain that doesn't go away.**

As your strength improves, you can add more repetitions and use muscle tiredness as your guide. Stop doing any exercise that causes you excessive pain that doesn't go away.

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### PRHC ORTHO INTAKE CLINIC CONTACT INFORMATION:

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### 1. Thigh Strengthener (beginner exercise)

- Place roll under knee
- Lift heel off bed until knee is straight



### 2. Bridging

- Bend knees
- Place feet flat on bed with arms at your side
- Squeeze buttocks to lift bottom off bed



### 3. Quarter Squat

- Feet should be 8 – 12 inches from wall and shoulder width apart
- Keep back and shoulders against the wall and toes pointing forward
- Slowly lower yourself ¼ of the way down the wall
- Your knees should never go in front of your toes



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#### 4. Side Leg Lift

- Hold onto a counter for support
- Keep toes pointed forward and knee straight
- Lift leg out to side without leaning your upper body to either side



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#### 5. Chair Push-Up

- Sit with your hands on the arms of a chair
- Push down on your arms to lift your bottom off of the chair

#### NOTES:

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