



Consultant Orthopaedic & Sports Surgeon

Exercises for Patients Scheduled to Have Hip Replacement



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



- Sheet around thigh (just above the knee)
- Push legs apart against the resistance of the sheet
- Just tighten muscles, do not move legs



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- Push legs apart against the resistance of the sheet
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Exercises for Patients Scheduled to Have Hip Replacement



- Stand on the involved leg
- Place hands on table or back of chair for support



- Sit with hands on arms of the chair
- Push down on hands to lift buttocks off chair

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