

1 Launder St, Hawthorn VIC 3122  
Tel – 9819 2827 Fax – 9819 4471  
www.hawthornphysio.com.au

5 Studley Ave, Kew VIC 3101  
Tel – 9851 8888 or Tel – 9851 8845  
www.svpm.com.au

Sports Therapy  
Manual Therapy  
Electrotherapy  
Manipulation  
Rehabilitation  
Pre-habilitation  
Clinical Pilates  
Pre-Season Screening  
Exercise Prescription  
Massage

### Partners

Chris Ward  
B.App.Sc. (Physio)

Charlie Schall-Riaucour  
B.Physio (Hons.),  
B.App.Sc. (Phys.Ed.),  
Post Grad Dip (Exs for  
Rehab)

### Physiotherapists

Richard Webber  
B.App.Sc (Physio)

Sarah Tulloch  
B. Health Sc., M. Physio

Eleanor Dwyer  
B. Sc., M. Physio

Daniel Ford  
B. Physio

Elsa Gales  
BSc. (Physio)

### Practice Manager

Anne Mellor  
BA (Hons)



AUSTRALIAN  
PHYSIOTHERAPY  
ASSOCIATION

Member

## Total Hip Joint Replacement – Preoperative Exercise Program

The following exercises are designed to address strength and range of movement of your hip. The exercises below will help you best prepare for your upcoming surgery.

### 1. Knee Flexion

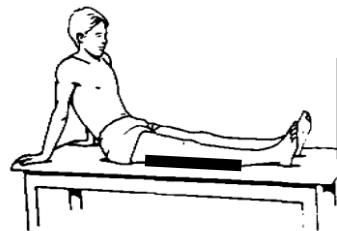
With towel around heel, gently pull knee upwards with towel until stretch is felt.



2 x10  
Twice per day

### 2. Quadriceps Sets

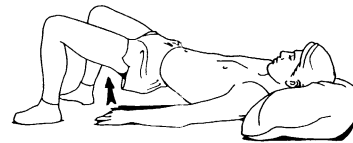
Place a rolled towel lengthways under knee. Then tighten muscle on top of thigh by pushing knees down into towel. Hold 3 secs



2 x10  
Twice per day

### 3. Bridging

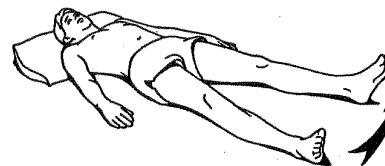
Dig heels into bed. Slowly raise buttocks from floor, keeping stomach tight.



2 x10  
Twice per day

### 4. Hip abduction in lying

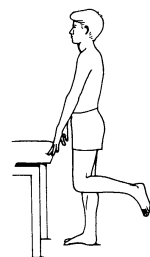
While you keep your toes facing the roof, slide leg out to side as far as you can, then back to centre.



2 x10  
Twice per day

### 5. Standing Hamstring Curl

Standing, bend knee up behind you as far as possible.

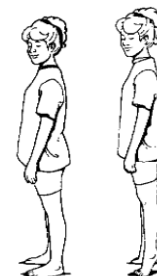


2 x10  
Twice per day

### 6. Standing Bilateral Calf Raises

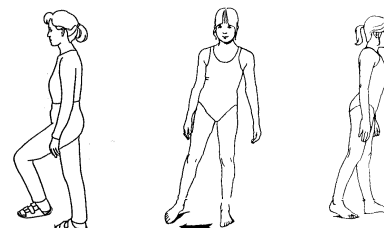
Hold on to back of chair. Rise up on to balls of feet, then lower.

2 x10  
Twice per day



### 7. Standing Hip Exercise

Hold on to back of chair.  
- lift leg up in front  
- take leg out to side  
- take leg out straight out behind you

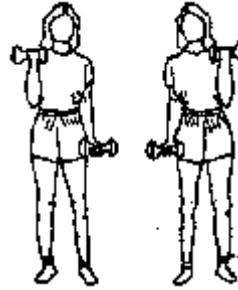


1 x10 each  
Twice per day

We also recommend that you do some strengthening of your upper body as you will have to use it quite a bit, especially in the early stages of your recovery.

**7. Bicep curls**

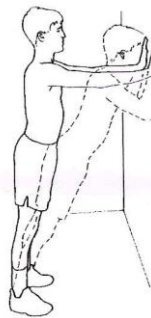
Holding a small weight bend your elbow up and allow to slowly drop back down.



2 x10  
Twice per day

**8. Wall push up**

With your feet a small distance away from the wall, place your hands against the wall and perform a gentle controlled push up on the wall.



2 x10  
Twice per day

**9. Chair Push Ups**

Using both hands on the arm rests of a seat, or on a flat seat, push your bottom up off the chair then lower back down.

2 x10  
Twice per day



If you have not done regular exercise recently it is advised that you start with 1 set of 10 of each exercise and build up towards 2 sets of 10.

You can also do these exercises and more at **Hawthorn Physiotherapy Clinic**.

Our Pre-habilitation Program is a great way to prepare yourself for surgery and it can all be claimed on your private health insurance extras. Call us on 9819 2827 to start your **PREHABILITATION TODAY!**

