

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)

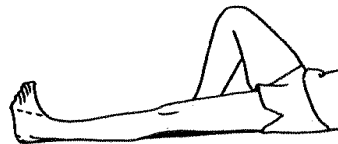
Practice Manager

Anne Mellor
BA (Hons)

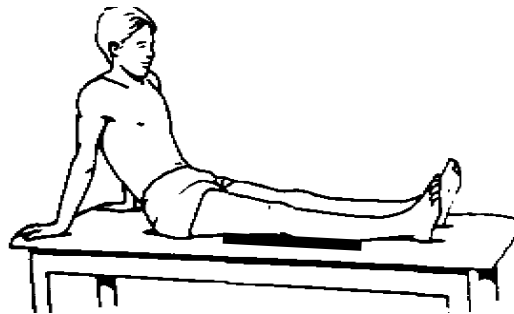
TOTAL HIP JOINT REPLACEMENT HOME EXERCISES

The following exercises should be completed 3-4 times a day when your physiotherapist tells you to commence them. Continue them for the first 2-3 weeks following discharge. It is wise to gradually increase the distance walked each day and build it up as your hip tolerates the activity. Please contact us should you have any concerns.

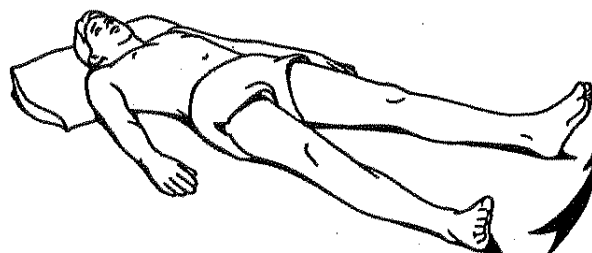
1. Bend the knee by sliding the leg along the bed (not greater than 90°). Repeat 3 sets of 10.



2. With a folded towel placed lengthways under your knee (as shown in the diagram), tighten thigh muscles to lift heel off bed. Hold 3 seconds. Repeat 3 sets of 10.



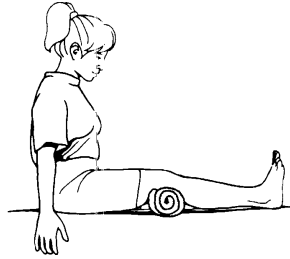
3. Using a sliding board under your leg, slide your operated leg out to the side and back. Keep your knee and foot facing the ceiling. Repeat 2 sets of 10.



AUSTRALIAN
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Member

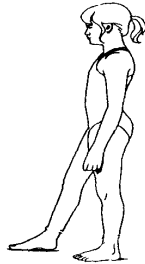
4. Straighten your knee over a rolled up towel. Hold for 3 seconds. Repeat 3 sets of 10 repetitions.



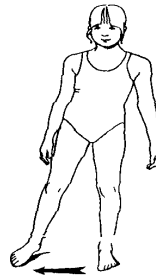
STANDING EXERCISES

5. Using a firm support to hold onto, lock knee and lift leg to the side 10 times, to the front 10 times and to the back 10 times.

5.1



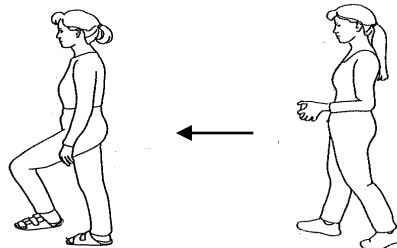
5.2



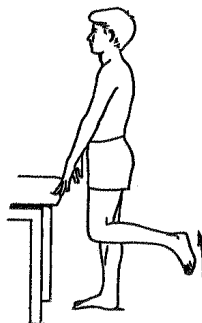
5.3



6. Using a firm support to hold on to, start with your leg back as the picture shows. Then bend and lift your knee (not higher than the 90° angle). Repeat 10 times.



7. Using a firm support to hold on to, bend your knee behind you, moving your foot towards your bottom. Repeat 10 times.



Stairs



UP: Good leg, Operated leg, Crutches



DOWN: Crutches, Operated leg, Good leg