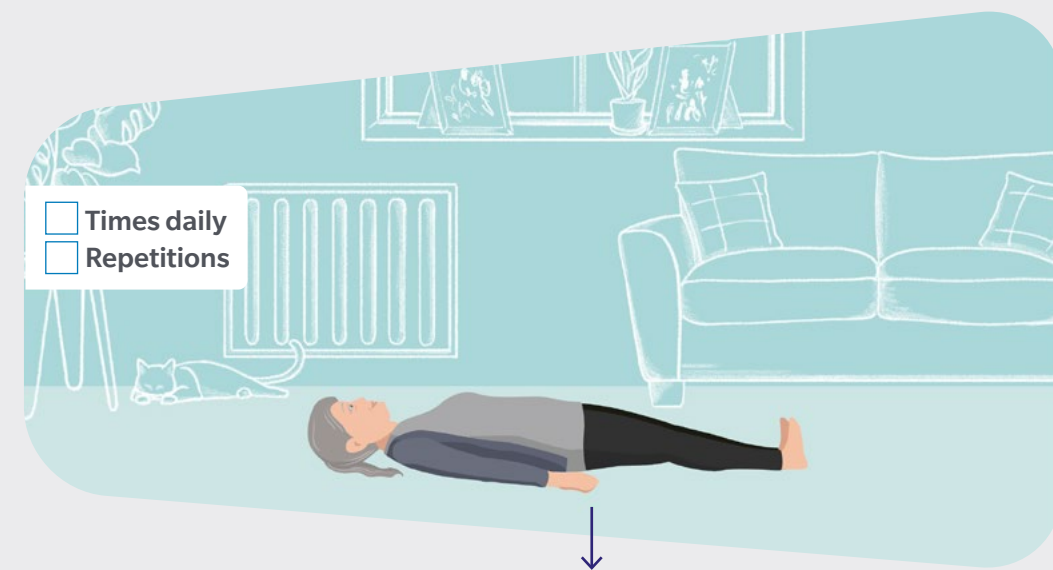




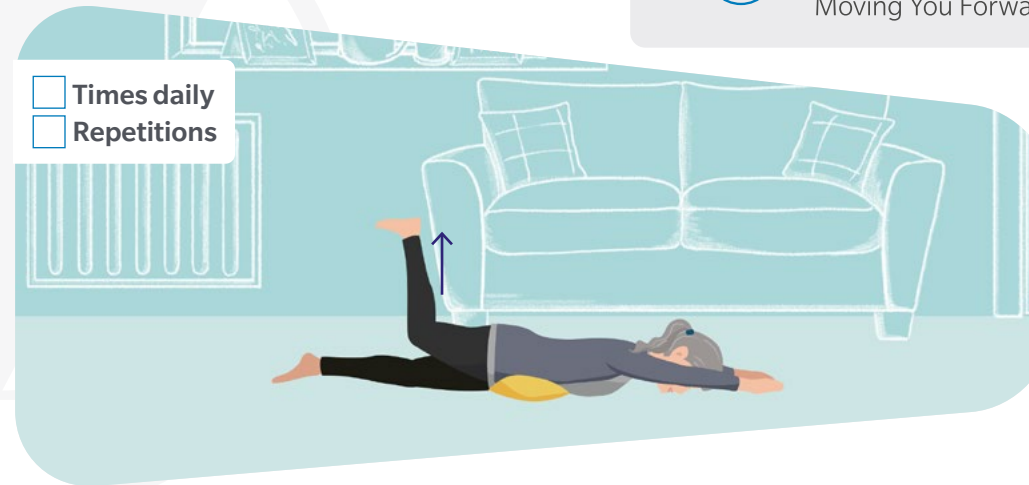
2 Extensor muscles

Lie on your back with your legs straight and your arms by your side. Tighten your abdomen, press the back of your knees to the floor and pull your toes towards your body. Hold the tension for a few seconds, then release.



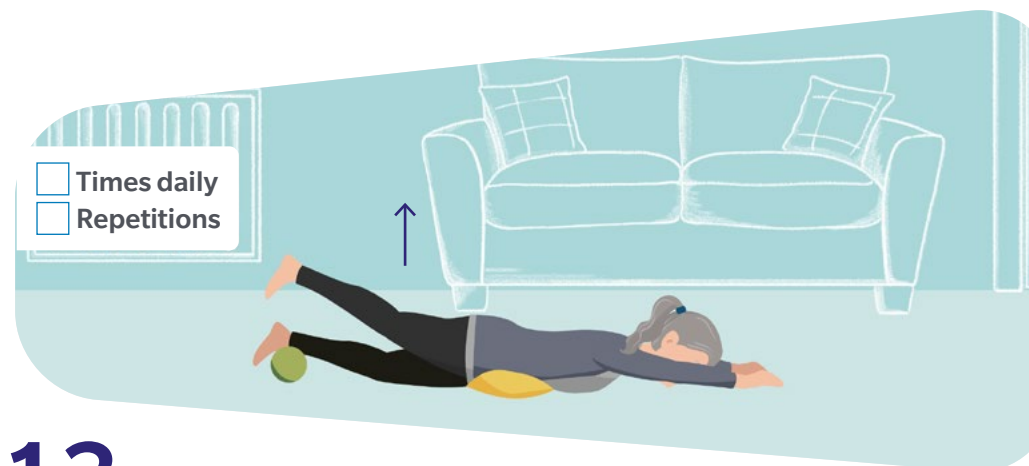
3 Buttock stretch

Lie on your back with your legs straight and your arms by your side. Tighten your abdomen, pull your toes towards you and keep your knees straight. Tighten your buttock muscles for a few seconds, then release.



12 Hip extension

Lie on your stomach with your legs straight and arms outstretched in front of you. Keeping the knee of your operated leg bent, lift your thigh upwards to the ceiling and hold it for a few seconds. Then, with your knee still bent, return the leg to the floor. Finally, return to your starting position by straightening your leg.



13 Knee and hip extension

Place a pillow under your belly, then lie on it with your legs straight and arms outstretched in front of you. Put a roller under your shins so your feet point downwards. Now raise your operated leg as high as possible and hold the position for a few seconds by tensing your thigh. Then slowly bring your shin back to the roller.

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HOW TO MOVE DURING YOUR RECOVERY

Hip exercises to perform at Home

Your hip replacement is the start of a more active lifestyle. To help you in your recovery, we have put together a selection of exercises that help strengthen your muscles and improve your mobility.

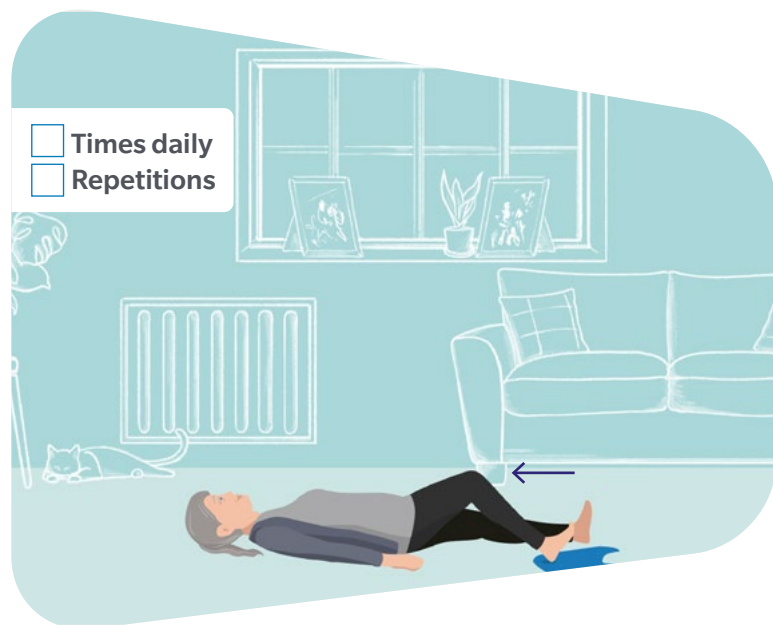
Before you begin any of these exercises, make sure you ask your doctor or physical therapist which ones are right for you. Please also ensure you perform each movement as stated, as this will avoid you injuring your new joint. If you experience any pain or symptoms during the training, stop doing the exercises and tell your doctor.

These exercises are a typical example of a care plan. However, your care plan will be individually tailored to your needs by your healthcare professional, and therefore may differ.



1 Calf muscles

Lie on your back with your legs straight and your arms by your side. Tighten your abdomen, pull your toes towards you and press your heels to the ground. Hold the tension in your calf muscles for a few seconds, then release.



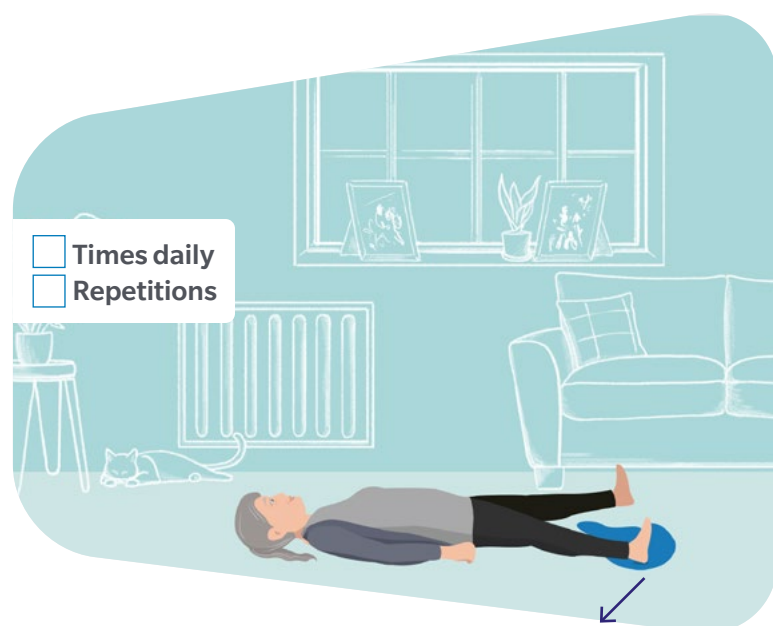
Times daily
 Repetitions

4 Flexion from the hip

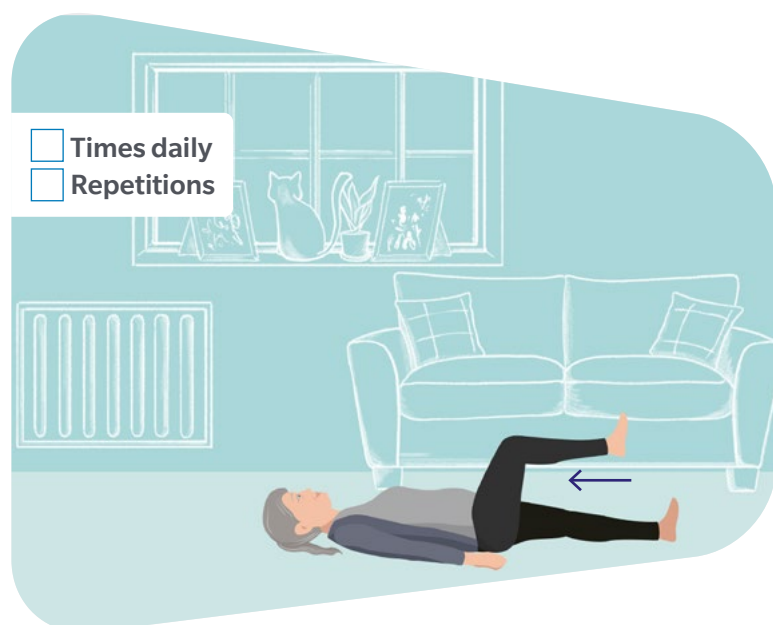
With a sliding surface (for example, a towel) under the foot of your operated leg, lie on your back with your arms and legs straight. Push the heel of your operated leg into the surface and slide it towards your buttocks, so your knee raises and bends. Hold the toes of your operated leg upwards for a few seconds, then release.

5 Leg abduction

With a sliding surface (for example, a towel) under the lower part of the operated leg, lie on your back with your arms and legs straight. Point your toes to the ceiling and slide the leg to the left and right several times. Make sure your knees never touch during the movement.



Times daily
 Repetitions



Times daily
 Repetitions

6 Hip flexion

Lie on your back with your legs straight and your arms by your side. While pointing your toes upwards, lift your operated leg and bend your knee (to a maximum of 90°) so your calf is parallel to the floor. Hold this position for a few seconds, then release.



Times daily
 Repetitions

7 Side leg abduction

Lie on your healthy side with your healthy leg bent and with a pillow between your legs. Make sure you rest your head on your arm. While keeping your operated leg straight, raise it into the air (no higher than parallel to the floor) and hold it for a few seconds, then gently place it back down.



Times daily
 Repetitions

8 Bent leg abduction

Lie on your healthy side with both knees bent and a pillow between them. Make sure you rest your head on your arm. While keeping your operated leg bent, lift it into the air (no higher than parallel to the floor) and hold it for a few seconds, then gently place it back down.



Times daily
 Repetitions

9 Abduction of the leg

Make sure you have a chair next to you for support. Place something stable on the floor and stand on it with your healthy leg: your operated leg shouldn't touch the floor. Support yourself by holding onto the back of the chair, then, keeping your operated leg straight, move it away from your body and back again.

10 Extending from the hip

Stand behind a chair and place both hands on the backrest. Put your weight onto your healthy leg, then, keeping your body upright, slowly bend your operated leg backwards as far as you can. Hold the position for a few seconds, then move your leg back to the ground.



Times daily
 Repetitions



Times daily
 Repetitions

11 Knee flexion

Stand behind a chair and place both hands on the backrest. Slightly lift your operated leg, bending it at the knee. Hold your leg in the air for a few seconds, then slowly bring it back down to the ground.