### Appendix C

### Managing pain related to exercises

### *General recommendations*

### If the patient uses pain killers to reduce postoperative pain, we recommend, that the medication is taken 1 hour before exercising. However, patients shouldn't take supplemental pain killers to be able to perform exercises.

* If pain increases during exercises, a cold pack may be used (applicated no more than 20 minutes and with a dry cloth between the skin and the cold pack)
* Resting after exercising is recommended

### *What to expect*

### Increased hip pain during exercise is allowed, but pain intensity shouldn't exceed NRS 5

* Within half an hour after exercising, pain intensity should have decreased to usual level
* Pain intensity during rest shouldn't be increased the following day

### If pain intensity is beyond the above mentioned expectations, we recommend decreasing the exercise load. If the pain is related to one (or two) exercise(s) only, load is reduced on that/those specific exercise(s) only. Otherwise, the reduction is applied to all the exercises performed. The following guidelines are used:

*Guidelines for reducing exercise load*

1. Reduce load during each repetition by
   1. Reducing range of motion
   2. Reducing duration of each repetition
2. Reduce number of repetitions (stop before fatigue)
3. Reduce from 2 to 1 set
4. Take a break from exercises for 1 week before starting up again. Gradually progress load (in reverse order as for reducing load)