

## Department of Physiotherapy

# Hip Arthroplasty – Post Surgical Care

### Goals of Physiotherapy

1. Restore the movement and strength of the operated hip(s)
2. Help you return to your normal activities eventually

### Timeline of Recovery

**Prepare for Surgery**

**From Day of Surgery**

Walk with assistance on the same or the day after surgery

**Discharge**

Able to walk with or without a walking aid

*Note: The timeline illustrated here should be used as a guideline only. The recovery process may differ for individuals according to their medical condition.*

**3-6 Months**

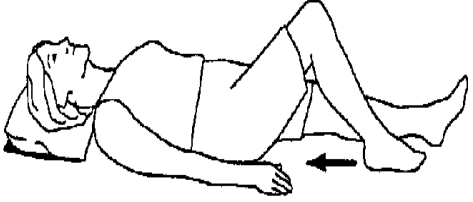
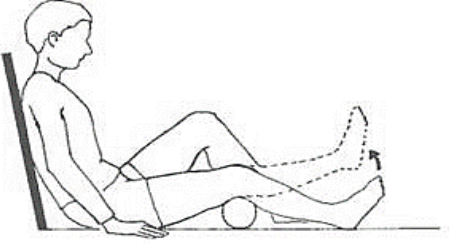
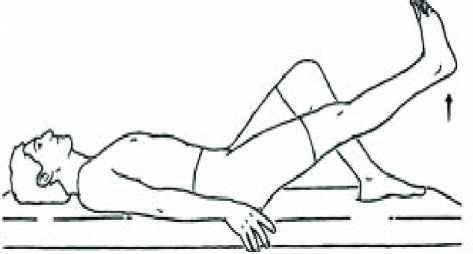
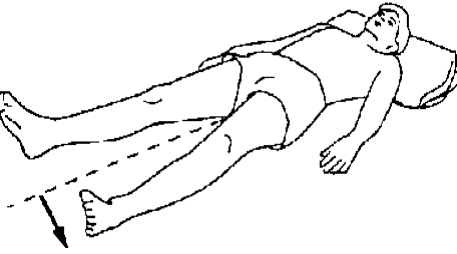
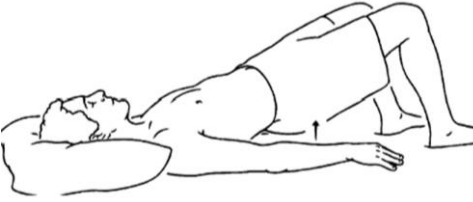
Achieved goals of rehabilitation



It is normal to experience some pain, discomfort or swelling in your hip. However, if you experience **severe pain, numbness, discolouration or new bleeding**, inform your nurse or doctor immediately.

Your physiotherapist will guide you on the following exercises designed to improve the range and strength of your new hip. It is important to perform these exercises daily to help you return to your daily activities as soon as possible.

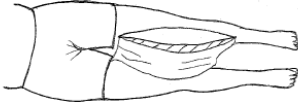

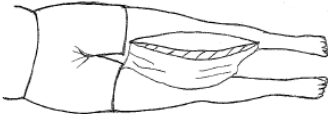
## Hip Exercises

	<p><b>Hip flexion</b>            Aim: Reduce stiffness in the hip</p> <p>Lie down on a flat surface, bend the operated hip by sliding your heel towards your buttock as much as possible, then straighten.</p> <p>Repeat 10 times, hold 10 seconds</p>
	<p><b>Inner Range Quads</b>            Aim: Strength the knee muscles</p> <p>Place a rolled towel under knee            Slowly lift your leg into full extension.</p> <p>Repeat 10 times, hold 10 seconds.</p>
	<p><b>Straight Leg Raise</b>            Aim: To strengthen the leg muscles</p> <p>Lie on your back with your knee straight            Lift your whole leg off the bed.</p> <p>Repeat 10 times, hold 10 seconds.</p>
	<p><b>Hip Abduction</b>            Aim: Maintain hip range</p> <p>Lie down on your back with toes pointing up            Slide your leg out sideways and back</p> <p>Repeat 10 – 20 times</p>
	<p><b>Bridging</b>            Aim: To strengthen the buttock muscles.</p> <p>Bend both knees and place feet flat on surface            Tighten buttock muscles and lift your hip up</p> <p>Repeat 10 times, hold 10 seconds.</p>

**DO NOT MODIFY ANY OF THESE EXERCISES UNLESS INSTRUCTED BY YOUR PHYSIOTHERAPIST**

## PRECAUTIONS

Depending on the approach of your surgery, there are some precautions that you will need to adhere to minimize risk of dislocation. You will need to follow these hip precautions until your surgeon advises otherwise.

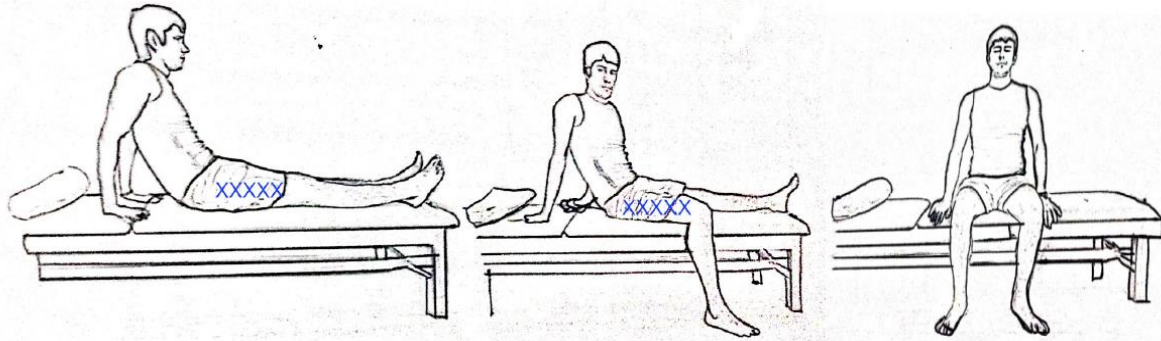
<b>Approach</b>	<b>Precautions</b>	<b>Examples</b>
Posterolateral Approach	<p>Do not bend your hip more than 90 degrees</p> <p>Do not turn your foot inwards</p> <p>Do not cross your hip pass midline</p>	<p>Do not sit on a low sofa/chair</p> <p>Do not squat</p> <p>Avoid bending forward to pick things from the floor</p> <p>Avoid pivoting on foot when turning</p> <p>If you have to sleep on your side, sleep on side of the non-operated leg with a pillow in between your legs</p> 
Direct lateral approach	<p>Do not sit in a figure of 4 position</p>  <p>Do not cross your hip pass midline</p>	<p>If you have to sleep on your side, sleep on side of the non-operated leg with a pillow in between your legs</p> 

## REMEMBER TO...

- ✓ REST – Allow your hip to heal!  
Don't overwork your hip!
- ✓ ICE – Apply ice on your operated hip to control pain and swelling  
(15-20 minutes after each exercise session, 3-5x/day)
- ✓ ELEVATE – Place a pillow under your ankle when resting to reduce swelling.



## Getting out of bed



1. Use your arms to prop yourself up in bed
2. Lead with operated leg first, move each leg slowly towards edge of the bed
3. Lower your legs one by one

## Getting in and out of the car



1. Sit in the front seat. Push the car seat further back and recline it slightly.
2. To enter the car, sit with your buttocks in first (as pictured above).
3. Bring your legs one by one into the car.

## On Discharge

Things that you may need upon return home:

1. Walking Aid
2. Reusable Ice Pack
3. Outpatient Physiotherapy Appointment



**Do not rush to purchase a walking aid!**

Your physiotherapist will assess your ability to walk and advise you accordingly.