Precautions Following Total Hip Replacement

**Note:** These rules apply for a minimum of 12 weeks after surgery. It is recommended to take these precautions 6 months after your surgery or longer.

**Remember!**

1. **Do Not** bend your operated hip past 90 degree

2. When sitting
   - Sit on a firm chair at the level of your knees or higher.
   - **Do not** lean forward to reach for items or to put on your pants or shoes.
     *You may use a long-handle to assist you.
   - You may place a cushion on your car seat or chair when sitting.
   - Use a raised toilet seat in the bathroom

3. **Do Not** turn/twist your hip and knee in and out

4. **Do Not** cross your legs when sitting

**General Instructions**

The exercises prescribed will help you to improve your range of motion, improve muscle strength and mobility after your operation.

**Note:** **ONLY** perform exercises prescribed by your physiotherapist!

- Perform exercises taught to you by your therapist daily.
- If your pain increases for more than 2 hours after exercise, reduce the activity and talk to your therapist.
- Use the walking aid until you are advise to stop.
Mobilising Exercise

1. Ankle foot pump

While lying in bed or sitting in a chair, bend your ankles (both feet) up and down 15-20 times.

Make sure your leg does not twist or turn while doing this exercise.

Range of Motion Exercises

2. Hip and Knee Flexion (Heel Slide)

Bend your hip and knee by sliding your heel up toward your buttocks while keeping your heel on the bed. Do Not bend past 90 degree. Slide your heel back down to the starting position. You may use a towel behind your thigh to help you.
Repeat _____ times.

3. Leg slides (Abduction)

Slide your operated leg out to the side and back to starting point, keeping your kneecap pointed up towards the ceiling
Repeat _____ times
Strengthening Exercises

4. Hip Flexion in Lying

Lie on your back. Slide your heel up (operated leg) and lift foot slightly off the bed. (About 60 degree hip flexion)
Hold _____ seconds.
Repeat _____ times.

5. Straight Leg Raise

Bend your non-operated leg with foot flat on the bed. Raise your operated leg up (about 12 inches), keeping your knee straight. Hold for _____ seconds.
Slowly lower your leg down and relax.
Repeat _____ times.

6. Short arc Knee Extension

Lie on your back with a rolled blanket under your involved knee. Straighten your involved knee. Hold for _____ seconds.
Slowly lower your leg down and relax.
The back of your knee should stay in contact with the blanket throughout the exercise.
Repeat _____ times.
7. Buttock Squeeze

Tighten your buttocks muscles by squeezing the muscles together.

Hold for _____ seconds.
Repeat _____ times.

8. Abduction in Standing

Hold onto a table top for support. Stand on your non-operated leg and keep your body upright. Move your operated leg sideways. Make sure your kneecap and toes are pointing forward. Return leg to center.

Hold _____ seconds.
Repeat _____ times.

9. Standing Knee Flex

Hold onto a table top for support. Stand on your non-operated leg. Then bend your operated leg up towards your buttock (keep thigh in line with the opposite leg)

Hold _____ seconds.
Repeat _____ times.
Progress of Strengthening Exercises

10. Hip and knee flexion in Standing

Hold onto a table top for support. Stand on your non-operated leg. Keep body straight up. Bend Hip of the operated leg to 90 degree.

Hold _____ seconds.
Repeat _____ times.

11. Hip Extension in Standing

Hold on to a table top for support. Stand on your non-operated leg and lean you upper body forward. Lift your operated leg behind you while keeping your knees straight. Ensure your kneecap and toes are pointing forward during movement.

Hold _____ seconds.
Repeat _____ times.

12. Hip Extension in Lying with Knee Bent-Short Lever

Lie on your tummy over a pillow. Bend your knee (operated leg). Lift your thigh off bed. Make sure your pelvis remain flat on the table.

Hold ____ seconds.
Repeat _____ times.
13. Hip Extension in Lying- Long Lever

Lie on your tummy over a pillow. Lift your operated leg up keeping knee straight. Make sure your pelvis remains flat on the table.

Hold _____ seconds.
Repeat _____ times.

14. Hip Abduction in Side Lying

Lie on your non-operated side. Have a pillow in between your thighs. Bend knee of your operated leg. Slowly lift your leg up. Do not allow your hip to roll back or forward.

Hold _____ seconds.
Repeat _____ times.
**Guidelines after surgery**

The following precautions should be followed for 12 weeks after your surgery unless stated by your therapist. Depending on your therapist different guidelines are to be followed.

<table>
<thead>
<tr>
<th>DO AND DONTS</th>
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<tr>
<td><strong>In sitting</strong></td>
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<td><strong>Do Not</strong> bend hip above 90 degree</td>
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<td><strong>Do Not</strong> bend body forward to pick objects</td>
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Positioning in bed

Lying down

When lying on your back, keep a pillow between your legs at all times to prevent your knees from touching or crossing your legs.

Lying by your side

Place a pillow between your legs when lying on your side.
Getting in and out of bed

1. Sit down on the bed in the same manner as you would sit in on a chair
2. Slide your buttocks backward until your knees are on the bed.
3. Pivot on your buttocks as you lift your legs onto the bed.
4. Use a pillow to keep your legs apart when lying in bed.
5. Reverse the procedure to get out of bed.
Standing Up

1. Move your buttocks to the edge of the bed or chair so that your feet are flat on the floor.
2. Bend your healthy leg under you to hold your body weight.
3. Keep your operated leg straight out in front of you.
4. Do not bend forward.
5. With your hands, push off the surface you are sitting on. Put most of your weight on your healthy leg.
**Sitting down**

1. Feel for the chair or bed with the back of the legs
2. Reach for the armrests
3. Lower yourself down keeping the operated leg straight out taking the weight on your good leg.
4. Do not bend forward.
**Position when sitting down**

- Sit in a firm, straight-back chair with arm rest

- Sit in chairs higher than knee height

- **DO NOT** sit on soft chairs rocking chairs, sofas or stools.
GOING UP AND DOWN STAIRS

Using a rail is safest. Your physiotherapist will practice going up and down the stairs with you, before you return home.

REMEMBER:
• Going up stairs, good leg leads
• Going down stairs, operated leg leads