

# Total Hip Replacement

## Introduction

The aim of your operation is to reduce the pain and stiffness in your hip and allow you to be more active.

Following your operation, your physiotherapist will teach you:

- Specific exercises to strengthen and improve movement in your hip and leg.
- How to walk as safely as possible. Initially this will involve using a walking frame.

After the operation a wedge shaped pillow will be placed between your legs when you're in bed. This is to stop your legs from crossing over and your hip dislocating, particularly when you are sleeping.

## Precautions

During the first three months after your operation, adhere to the following precautions **to help reduce the risk of dislocating your hip.**

- ✗ Do not cross your legs when lying, sitting or standing.
- ✗ Avoid having your knees higher than your hips – use a toilet seat raise and **do not sit in a low chair.**
- ✗ Walk with your walking aid as shown by your physiotherapist. Always turn towards your good leg and step around – **do not pivot on your operated leg.**
- ✗ Avoid bending more than 90 degrees at the hip.
- ✗ To pick things up from the floor, instead of bending at both hips, slide your operated leg straight out behind you.
- ✗ **Avoid slippery surfaces.**
- ✗ Avoid driving until surgeon advises.

## Sleeping

- **It is recommended that you sleep on your back after the operation.**
- **Place a pillow between your legs to prevent your legs from crossing.**

## Exercises

Following your surgery, your physiotherapist will help you to begin some exercises. These exercises are important to achieve good movement and strength in your leg.

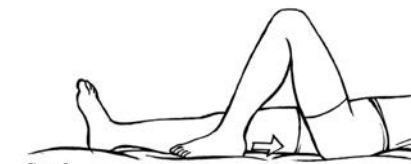
### Ankle pumps

- Gently bend your feet up and down to help the circulation in your legs.
- Do \_\_\_\_\_ repetitions every hour.



### Knee flexion

- Gently bend the knee of your operated leg so that your foot moves along the bed towards your buttocks.
- You may use your hands to help with this exercise. A mild stretching in your hip is normal.
- Do \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day.



### Static quadriceps

- Tighten the muscles on the top of your thigh by pushing your knee down onto the bed.
- Keep your knee as flat on the bed as possible. Hold for 5 seconds and then relax.
- Do \_\_\_\_\_ repetitions every hour



## Static Gluteals

- Lying down on the bed.
- Squeeze your buttocks together and hold for 5 seconds.
- Do \_\_\_\_\_ repetitions every hour.

## Inner Range Quadriceps

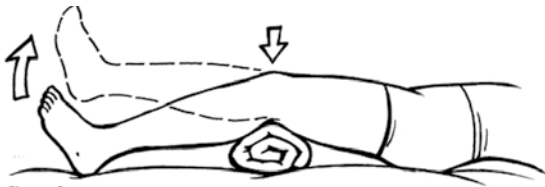


Figure 3

- With your knee over a rolled-up towel, straighten your knee by tightening the muscles on the top of your thigh and lift your foot off the bed. Be sure to keep the back of your knee pressed onto the towel.
  - Hold for 5 seconds and then slowly relax.
- N.B. DO NOT SLEEP OR REST WITH TOWEL UNDER YOUR KNEE.**
- Do \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day.

## Bridging

- Lying on your back, bend both of your knees as shown. Dig your heels and elbows into the bed.
- Lift your bottom off the bed by squeezing your buttocks together. Aim to lift gently off the bed - avoid arching your lower back.
- Hold for 5 seconds, then slowly lower your bottom back onto the bed.
- Do \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day.



Figure 9

### Disclaimer Statement:

Disclaimer: This publication is for information use only and is provided without any express or implied warranty as to its accuracy or currency. All access to, and use of, the information is at the user's risk. ACHA Health disclaims all responsibility for the results of any actions taken on the basis of information presented in this publication and the information is subject to review.

References: Visual Health Information Products (Health Promotion Resources), PhysioTools (PhysioTools Inc)

Created: 2002

Last Reviewed: 2019

