

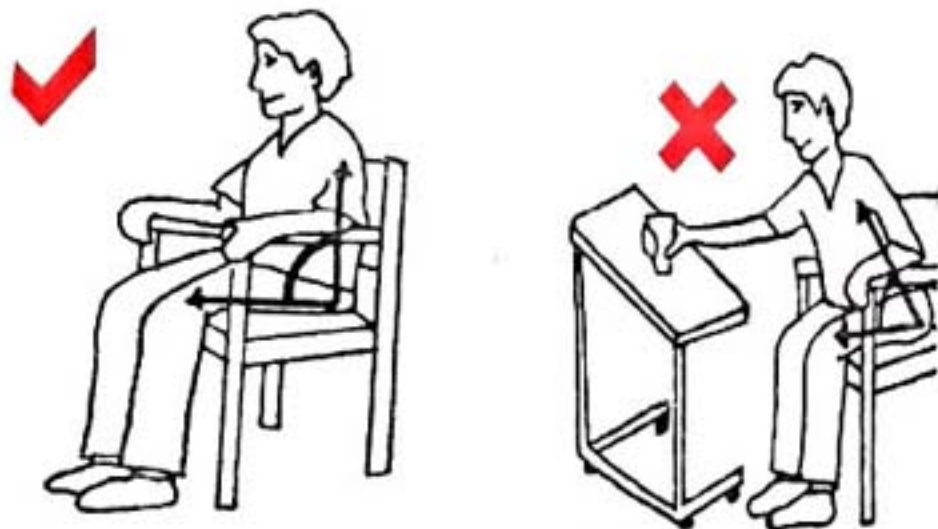
# **Rehabilitation after Total Hip Replacement**

## Hip precautions

The following precautions are important to reduce the risk of dislocation. They should be followed for 6 weeks after your operation.

1. **DO NOT BEND** your hip more than 90 degrees i.e. more than a right-angle.

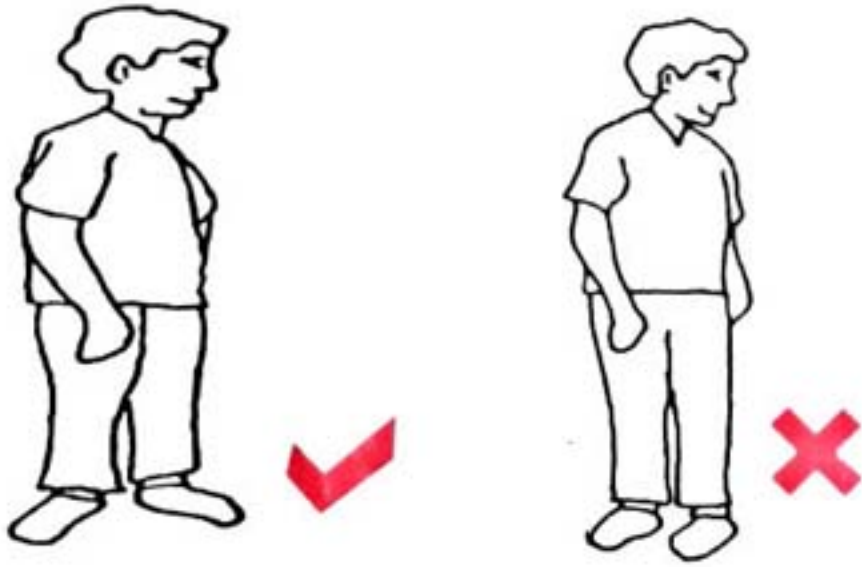
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2. **DO NOT CROSS** your legs.



3. **DO NOT TWIST** on your operated leg when turning.



4. **DO NOT STOOP** to pick things up off the floor.



5. **WHEN SLEEPING** try to sleep on your back to prevent your legs crossing over. Alternatively put pillows between your knees / thighs. You should continue this for 6 weeks after your operation.

### Exercises for Total Joint Replacement

Perform the exercises three times daily. Call your Physical Therapist if you have questions.





## Quad Sets

1. Sit or lie on your back with operative leg straight.
2. Press the back of your knee into the bed.
3. This will tighten the muscle on top of your thigh and move Your kneecap as shown (upward).
4. Hold this for 5 seconds and slowly return to starting position.
5. Do 10 repetitions per hour while in hospital. Once home, do 10 repetitions 3 times per day.



## Hamstring Sets

1. Lie as shown with knee of operative leg slightly bent.
2. Press heel to bed, as if sliding heel towards buttocks.
3. Hold this for 5 seconds and slowly return to starting position.
4. Do 10 repetitions per hour while in hospital. Once home, do 10 repetitions 3 times per day.



### **Ankle Circles**

1. Move your ankle around slowly in a large circle.
2. Repeat in the opposite direction.
3. Do 10 repetitions per hour while in hospital. Once home, do 10 repetitions 3 times per day.
4. **PRECAUTIONS** : this movement should come only from the ankle, not the hip. Do not turn your entire leg inward! Your knee should stay facing forward (up).



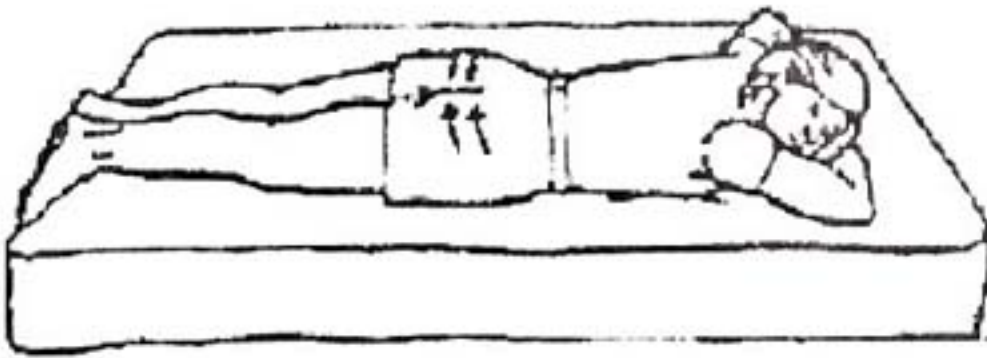
### **Heel Slides**

1. Slide your heel up towards your bottom.
2. Slide your heel back down until your leg is straight.
3. Repeat with the other leg.
4. Do 10 repetitions 3 times per day.



## Ankle Pumps

1. Bring your toes toward your face and extend your foot like you are pushing on the gas pedal.
2. Pump your foot back and forth.
3. This flexes the ankle.
4. Do 10 repetitions per hour while in hospital. Once home, do 10 repetitions 3 times per day.



## Gluteal Sets

1. Lie on your back, not on belly as shown.
2. Tighten buttocks together firmly.
3. Hold this for 5 seconds and slowly return to the starting position.
4. Do 10 repetitions per hour while in hospital. Once home, do 10 repetitions 3 times per day.





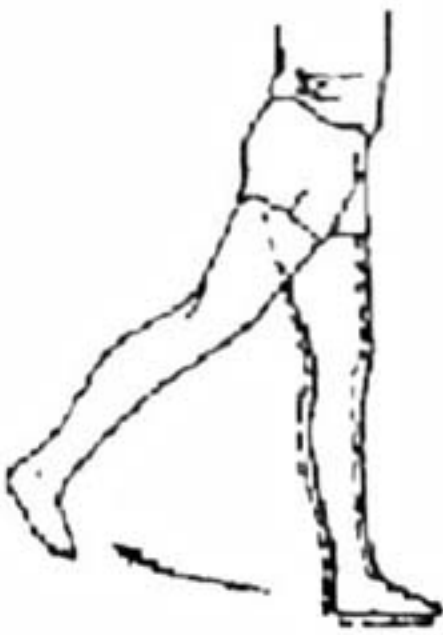
### Hip Abduction

1. Lie on back.
2. Slide operative leg out to the side, as far as you can, then return to the starting position. Remember not to cross the midline of your body.
3. Keep your knee and toes pointed toward the ceiling.
4. Hold this for 3 seconds, slowly relax.
5. Do 10 repetitions, 3 times per day.



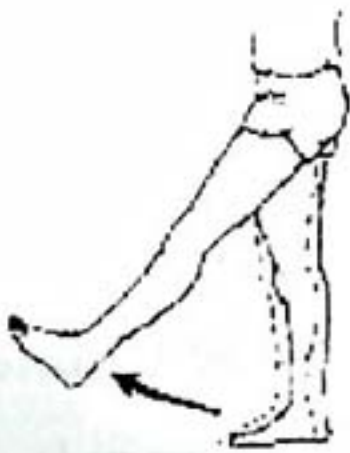
### Short Arc Quad

1. Lie on your back with 6-inch roll under your knee.
2. Flex your thigh muscle and bring your heel up.
3. Relax your thigh muscle and bring your heel towards the bed.
4. Do 10 repetitions 3, times per day.



### **Hip Extension (Standing)**

1. Stand with feet slightly apart, holding on to the walker or a firm railing or counter top.
2. Lift operative leg backward as shown, do not bend over at the waist.
3. Hold this for 3 seconds and slowly return to the starting position.
4. Do 10 repetitions, 3 times per day.



### **Hip Flexion (Standing)**

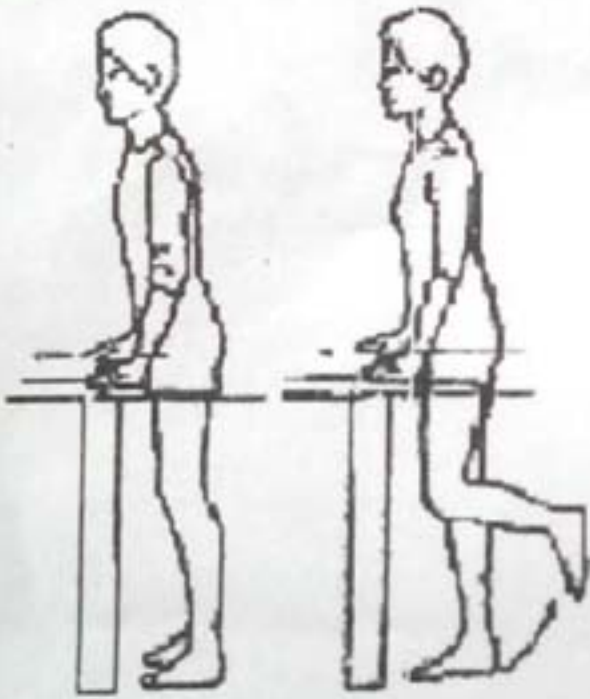
1. Stand with feet slightly apart, holding on to the walker or a firm railing or counter top.
2. Lift the operative leg in front of you.
3. Hold this for 3 seconds and slowly return to the starting position.
4. Do 10 repetitions, 3 times per day.





### Hip Abduction (Standing)

1. Lift operative leg to the side, holding on to the walker or a firm railing or counter top.
2. Hold this for 3 seconds and slowly return to the starting position.
3. Do 10 repetitions, 3 times per day.



### Standing Knee Flexion

1. Stand holding onto a solid object as shown.
2. Slowly bend the operative knee.
3. Hold this for 3 seconds and slowly return to the starting position.
3. Do 10 repetitions, 3 times per day.

## How will I manage getting in and out of a car ?

It is easier to get into the car from a road or driveway  
Rather than the pavement (which is higher).

1. Put the passenger seat as far back as possible  
With the backrest slightly tilted back.
2. Stand with your back to the car with knees  
Touching the seat.
3. Gently lower yourself down onto the seat with your  
Bottom as far onto the seat as possible, sliding  
Your operated leg out in front of you.
4. Swing your legs round into the car.  
Getting out of the car is the same procedure in reverse.

