

Total Hip Replacement

Post operative aims of physiotherapy

1. Improve muscle power around the hip joint.
2. Improve the hip and knee range of motion (ROM).
3. To gain confidence when walking, using now more aid than may be required by other parts of the body.

Instructions to follow

- Get out of bed with operated side and get in to bed with non-operated side.
- Sit in a high chair.

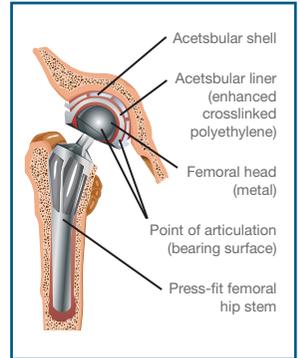
Precautions

DO NOT do any of the following

- Bend your hip at an angle greater than 90 degrees.
- Cross your legs
- Turn your toes in (pigeon-toed).
- Sit in low chairs or sofas, including a low toilet seat.
- Lean towards non-operated side.
- Sit in a tub.
- Keep a pillow under your knee when sitting or lying down.

Weight bearing status

- Most of the total hip/partial hip replacements patients are allowed to put full weight bearing as tolerated.



Sleeping position after hip replacement

- Immediately after THR - wedge shaped pillow (hip abductor), or two regular pillows, will be placed between your legs to keep your hip in place.
- Always remember to maintain your total hip replacement precautions when sleeping or getting in and out of bed.

Stairs assesment If required stair assesment will be done before discharge.

Returning to work You can usually return to work after 6 to 8 weeks. But if your work involves a lot of standing or lifting, you may need to stay off for three months.

Driving Driving can usually be performed after 4 to 6 weeks proving that the hip is pain free and you are able to control the car with foot pedals and make an emergency stop.

Sports Sporting activity which may include twisting or pivoting on your knee, or contact sports should be avoided until speaking with your consultant at your follow-up clinic appointment.

Estimated hospital stay 2 to 4 days depends upon your post operative medical condition.

Physio sessions Two sessions per day

Progression in Mobility Zimmer walking frames to bilateral elbow crutches and to unilateral elbow crutch and to unilateral walking stick.

Home exercises Please follow all the home exercise at least for 6 weeks.

Ashford
Spencer Private Hospitals
at William Harvey Hospital
Kennington Road
Ashford, Kent TN24 0LZ
01233 616201

Margate
Spencer Private Hospitals
Ramsgate Road
Margate, Kent CT9 4BG
01843 234555



spencerprivatehospitals.com