

The following information has been written to assist you in your recovery after your hip replacement. Knowing what to expect in the first few days after the operation can be of great benefit. After reading through the information on this sheet, you can get a head start by practicing some of the exercises at home before you go into hospital.

Dr Clarnette will also have given you a sheet of exercises that will be the basis of your daily program in hospital. If possible, begin these exercises before your operation where pain permits.

Following surgery, your exercises are an important component of your rehabilitation. A Physiotherapist from the Wakefield Sports Clinic will come and see you on the day after your surgery. On that day, she will assist you with your exercise and help you get out of bed. It is important that you get out of bed as soon as possible after your operation to maintain your circulation, regain movement and build on muscle strength. You will find that the pain you were having prior to your operation will have gone and will be replaced by a different type of pain from the surgery itself. Your physiotherapy will be timed with your pain relief to make things easier for you. It is important that you stay on top of your pain so that you can exercise regularly throughout the day.

When you get out of bed for the first time, you will use a frame. Most people leave hospital using one or two sticks in most cases you will be able to put as much weight as comfortable on your leg immediately after your operation.

Dr Clarnette will have explained the operation to you. In order to replace your hip joint, the muscles are stretched and the supporting structures have been weakened during the surgery. The muscles will take approximately six to eight weeks to heal. During that time, you need to avoid certain positions to prevent your hip from dislocating (coming out of its socket).

Therefore, it is important to avoid the following activities at all times:

- Hip flexion (bending) less than 90 degrees (knee should always be lower than your hip).
- Crossing your legs.
- Pulling your foot up (to put on shoes etc) with your knee bent inwards.
- Twisting or pivoting on your operated leg when turning.
- Sitting on a soft or low chair/car seat.

During your stay in hospital, the Physiotherapist will show you safe ways of avoiding these movements. This includes daily activities such as cleaning your toes, putting on your shoes, how to go up and down stairs etc.

Because bending your hip too much can stretch the hip joint, you will need to avoid sitting in low chairs/cars etc for a while after your operation.

Before you go home, your physiotherapist will help you to arrange any equipment you might need (ie frame, toilet seat raise, higher adjustable chair).

GENERAL INFORMATION

WALKING

You will need to walk short distances regularly and this will gradually increase with time. Do not discard your frame until you can use a walking stick without limping. Your physiotherapist can advise you regarding this transition.

STEPS AND STAIRS

When a hand rail is present, use it. When going up stairs, use your good leg first and then bring the operated leg up to the same step. The opposite applies on the way down.

DRIVING

No driving is permitted for six weeks. After this your surgeon can advise you regarding driving safety. You may need to sit on a cushion.

SHOWERING

You will not be able to sit in a bath for several months. You can stand in a shower or sit on a plastic shower chair.

SLEEPING

In hospital, you will sleep on your back with a pillow between your knees. After a few days Dr Clarnette is happy for you to sleep on your side with a pillow between your knees. You will find it uncomfortable to sleep on the operated side for a few months.

Most private health funds pay directly to the hospital for your physiotherapy visits. There is no gap for you to pay on your physiotherapy visits whilst in hospital (there are a few exceptions). On average, the Physiotherapist will see you four to five times. You will also need to do your exercises/walking with the nursing staff and when safe, independently.

Please contact the Physiotherapist at Wakefield Sports Clinic if you have queries or concerns on 8232 5566 before your hospital admission.

HOME CARE INSTRUCTIONS

HIP REPLACEMENT

Following your surgery, exercises are important to maintain circulation, build muscle strength and regain movement. If possible, begin these exercises before your operation.

Your physiotherapist will assist you with these exercises as well as help you get in and out of bed and walk with a frame. You will be advised when it is safe for you to sit in a chair and get out of bed.

Before you go home, your physiotherapist will help you to arrange any equipment you might need ie. frame, toilet seat raise etc.

Don't forget to do deep breathing exercises and ankle pumps every hour for the first 24 hours post-operatively.

EXERCISES:

Try these three to four times daily and repeat each one five to ten times.

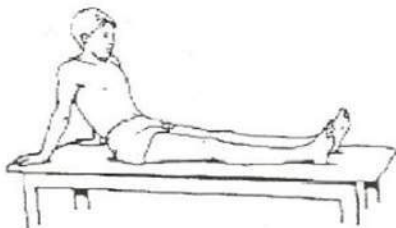
1. ANKLE PUMPS

Pump both feet up and down and move them in circles. This helps prevent pooling of blood in the calf post-operatively.



2. STATIC QUADRICEPS

Push your knee flat into the bed, tightening the muscle on the front of your thigh. Hold for five seconds.



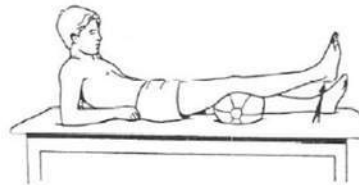
3. FLEXION OF THE KNEE AND HIP JOINTS

Gently bend your knee up towards your chest keeping your heel on the bed, and then straighten knee out again.



4. INNER-RANGE QUADRICEPS

With a rolled towel under knee, push knee flat into the towel and lift heel off the bed to straighten knee. Hold for five seconds and then slowly lower.



5. GLUTEAL CONTRACTIONS / BRIDGING

Static Gluteals

Gently squeeze buttocks together, hold for five seconds.

Bridging

Bend up non-operated knee and keep operated leg out straight. Push head, shoulders/elbows into the bed to lift your bottom off the bed. Hold for five seconds, then lower.



HOME CARE INSTRUCTIONS

HIP REPLACEMENT

6. ABDUCTION / ADDUCTION

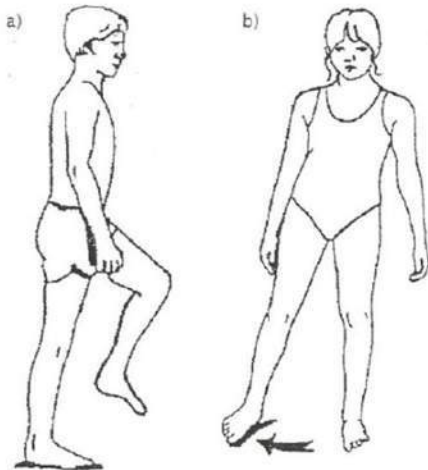
Keeping the kneecap and toes pointing upward to the ceiling, slide leg away from the midline out to the side and then back to the midline.



7. STANDING EXERCISES

Your physiotherapist will advise when you can begin these exercises, holding onto your frame for balance. Start with these only on your operated leg.

- Knee up towards chest
- Leg out to side (as in abduction/adduction)
- Leg out to the side and back (squeeze bottom)



GENERAL INFORMATION

WALKING

You will need to walk short distances regularly and this will gradually increase with time.

Do not discard your frame until you can use a walking stick without limping. Your physio can advise regarding this transition.

DO NOT:

- Cross your legs
- Pivot or twist on your operated leg when turning around
- Sit on a soft or low chair.

STEPS AND STAIRS

When a handrail is present, use it. When going up stairs, use your good leg first and then bring the operated leg up to the same step. The opposite applies on the way down.

DRIVING

No driving is permitted for six weeks. After this, your surgeon can advise you regarding driving safely. You may need to sit on a cushion.

SHOWERING

You will not be able to sit in a bath for several months. You can stand in a shower or sit on a plastic shower chair.

SLEEPING

In hospital you will sleep on your back with a pillow between your knees. When you go home, it is safe to lie on your back without the pillow. It is preferred that you sleep on your back for six weeks.

Please contact your Wakefield Sports Clinic physiotherapist if you have any queries or concerns on 8232 5566.

