

PATIENT INFORMATION

Posterior Total Hip Replacement Post-Operative Exercises

Getting mobile again

The physiotherapist will: assist you to become mobile again following your operation and teach you specific exercises. Usually you will stand and begin walking either the day of surgery or the day after surgery. All the 'tubes' are removed by two days after surgery. A physiotherapist will assist you with your first stand and then see you daily for exercises and walking. The aim is to walk early and often. This minimises complications.

You will be able to sit for short periods in a high chair and use the toilet with a toilet 'raiser' seat. It is important that you do not sit in a chair, which is too low, as too much hip flexion may result in dislocation. Knees should be level or lower than your hips. You may be able to have a soft pillow between your legs during the daytime and the triangular shaped pillow only at night. Once you are discharged you will need to continue to use the soft pillow for 6 weeks until review by your surgeon.

Lying on your side is only allowed after the all clear from the surgeon. The joint is stable immediately after the procedure, but the weakened muscles and soft tissue surrounding the joint require a longer-term program of physiotherapy and exercise to be restored to normal functioning. Your mobility will gradually increase and with it, your independence.

Your rehabilitation program

1. Lying on your stomach — Lie flat for ten minutes daily to stretch the front of your hip. Roll over with a pillow between your knees. Your physiotherapist will guide you on this.

2. Sitting — Always sit in a chair, preferably with arm rests, this ensures your knees are NOT higher than your hip. Especially beware of couches. If in doubt, sit on a dining room chair. Use a toilet seat raise and ALWAYS sit with your knees apart and DO NOT CROSS YOUR LEGS.

3. Showering — Do not sit in the bath. Shower with your knees and feet 15 to 30cm apart on a non-slip mat, or use a high shower chair.

4. Sleeping — For the first six weeks sleeping on your back with a pillow between your legs is recommended to minimise the chance of dislocation.

5. Bending — DO NOT bend from your hips to pick up anything from the floor. DO use your pick up stick. Later when you bend, put your operated leg behind, keeping your hip extended.

6. Dressing — Sit on the edge of the bed (provided it is not too low) or chair with your legs straight to dress. Be sure not to pull your operated leg up to put on socks and stockings. There are appliances available for hire to help with these. Try to avoid lace up shoes, use slip on shoes preferably with a shoehorn. Place operated leg into clothes first followed by un-operated leg. To take clothes off, remove un-operated leg first.

7. Walking and exercise —

- Continue your hospital exercises for at least three months
- Hydrotherapy can begin after discussion with your surgeon and physiotherapist, once the wound has healed (usually three to four weeks post-op)
- Gradually increase your walking distance
- DO NOT pivot on your operated leg, whether sitting, standing or walking
- Rest frequently — swelling can indicate you are overdoing it
- Do not drive until cleared by your surgeon
- Outpatient physiotherapy may be recommended if there is a persistent limp/reduced strength and/or confidence.

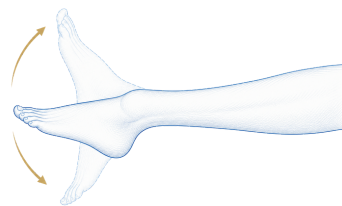
Exercises

These exercises are recommended before surgery to build muscle tone and during rehabilitation after surgery. Your physiotherapist will advise which are appropriate for you. Not all exercises may be possible due to pain or stiffness.

Complete each exercise 10 times, at least three times per day.

1. Foot bend

Gently bend your feet up and down to help circulation in your legs.



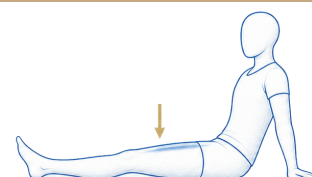
2. Flexion of the knee

Gently bend your knee so your foot moves along the bed towards your buttocks. A mild stretch in the hip is normal. You may use your hands to assist.



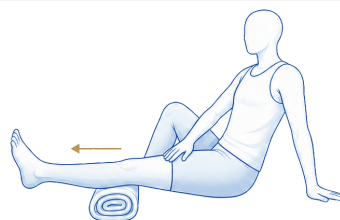
3. Static quads

Tighten the muscles on the top of your thigh by pushing your knee down onto the bed. Keep the knee as flat as possible. Hold five seconds then relax.



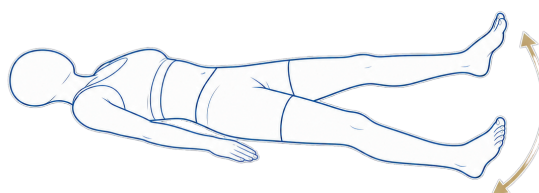
4. Knee-cap stretches

Squeeze your buttocks together and hold for five seconds. With your knee over a bolster, straighten your knee by tightening the muscles on the top of your thigh. Keep the back of your knee pressed onto the bolster. Hold five seconds then relax slowly. Do not sleep or rest with the bolster under your knee.



5. Side stretches

Keeping your knee straight, gently slide your leg out to the side then back again. Try to keep your kneecap and toes pointing to the ceiling.



6. Glute bridge

Bend both of your knees slightly. Dig your heels and elbows into the bed. Lift your bottom of the bed, squeezing your buttocks together.

