

TOTAL HIP REPLACEMENT GUIDE



This manual was made by physical therapists and Patient,
Family and Community Education at City of Hope.

Your physical therapist is:

who can be reached at
626-256-HOPE (4673), ext. 62412

Copyright:
City of Hope
Rehabilitation Services Department
Physical Therapy Division

TABLE OF CONTENTS

- 6** Introduction
- 7** What to expect
- 8** Staying active
- 9** Staying safe
- 12** How to move around
- 14** Exercises

INTRODUCTION

A total hip replacement, also called a total hip arthroplasty, is a common surgery that helps people with damaged hip joints. There are many health issues that can cause damage to the hip joints. This procedure helps lessen joint pain and stiffness, and adds to the range of motion (how far the leg can be moved by the hip). The damaged part of the joint is replaced with an artificial joint called a prosthesis, which will allow the hip to do what a normal hip does.

WHAT TO EXPECT AFTER SURGERY

1. After surgery you can expect to have a drain to help remove extra fluid from the surgical site and a Foley catheter (tube) to drain urine from your bladder.
2. Your doctor may also order an abduction pillow to help you be still and stay in a safe position when you sleep.
3. You will use a machine called an incentive spirometer to open your lungs and clear secretions (fluid buildup). You should use the machine 10 times each hour while you are awake.



STAYING ACTIVE AFTER SURGERY

Unless your doctor tells you something else, you should get out of bed as soon as you can after surgery. By getting out of bed, you will help prevent blood clots, pneumonia, constipation, bed sores, pain, stiffness and weakness. The sooner you get up and moving, the faster you will heal and return to your everyday activities. Your physical therapist and nurse will help you meet this goal.



STAYING SAFE TO HEAL WELL

After your surgery, you will need to stay safe to heal well. This means keeping away from certain activities and sitting/sleeping positions so that your new hip joint does not get dislocated.

These precautions must be maintained for at least three months, or for as long as your doctor tells you.

Limb Positioning: To help lessen swelling in your leg, it is good to have it raised throughout the day. Place a pillow or towel roll under your ankle to raise your leg. Do not place a pillow under your knee because it may change your range of motion over time. It is also helpful to move your leg throughout the day, so try not to keep it raised all day long.



Infection Prevention: Infection is the number one problem with this type of surgery. Here are some of the main things to look out for:

- Redness further than 1 cm from surgery site
- Fever
- Foul smell coming from surgery site
- Cloudy, yellow-colored fluid draining from surgery site

POSTERIOR APPROACH

- When sitting, keep your hips above your knees. **Do not** sit in low chairs.
- **Do not** bend at the hip more than 90 degrees while lying down, sitting or standing.
- **Do not** cross the affected side over unaffected side.* (Place a pillow or wedge pillow between your legs when rolling from lying on your back to lying on your side.)
- **Do not** turn/twist leg inward (i.e., pigeon toe)

A wedge pillow may be used to keep you from being in any of these movements/positions while sleeping or lying flat in bed.

**The affected side is the side of the hip that had the joint replaced by surgery. The unaffected side is the side of the hip that did not have the surgery.*



ANTERIOR/LATERAL APPROACHES

- Do not stretch your hip back, step backward, or allow your knee to move behind your hip.
- If you must back up, lead with the unaffected side first.
- When walking, take short steps. Do not take longer steps with your unaffected side because this will cause your affected side to stretch back.
- Do not cross your legs.
- Do not turn or twist your leg out.
- Do not do the bridge exercise too much.
- Do not lie on your stomach.
- Do not sit in low chairs.
- When sitting, keep your hips above the level of your knees.

HOW TO MOVE AROUND

Weight Bearing: Weight bearing is the amount of pressure you can put onto your leg after surgery when you are standing. This will be decided by your doctor. Your weight bearing status is _____. You may also need to use a walker or crutches to walk.

GETTING IN/OUT OF BED

Try to get out of bed on the same side as your affected side.

1. Use your elbows and hands to lift your upper body off of the bed.
2. Move your legs to the edge of the bed as you turn your upper body.
3. Have your affected leg resting on the floor in front of the unaffected leg.



GETTING OUT OF A CHAIR

- Move your affected leg in front of your unaffected leg.
- Push up from both arm rests to stand.
- Once you are stable, you can hold onto an assistive device (such as a front-wheel walker, crutches or cane).



GETTING INTO A CAR

Make sure the seat is all the way back and reclined.

- Slowly back up to the seat.
- Reach back for the seat and sit down.
- Swing your legs into the car.
- Take breaks to stretch during long car rides.



EXERCISES

Here are some exercises that you can expect to do right after surgery. They will help you keep up your strength and range of motion.

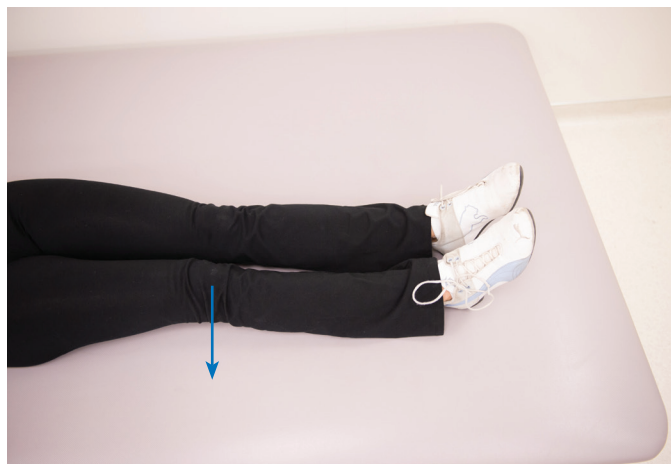
ANKLE PUMPS

- Use your ankle to point toes away from you.
- Bring toes back up toward the ceiling.
- Use your ankle to point your toes toward your knees.
- Bring toes back up toward the ceiling.
- Repeat _____ times.



QUAD SETS

- Lie on back with knees straight.
- Gently push back of knees into the mattress, tightening your quad muscles.
- Hold for 5 seconds.
- Repeat _____ times.



HAMSTRING SETS

- Lie on back.
- Slightly bend knee and press heel into ground.
- Hold for 5 seconds.
- Repeat _____ times.



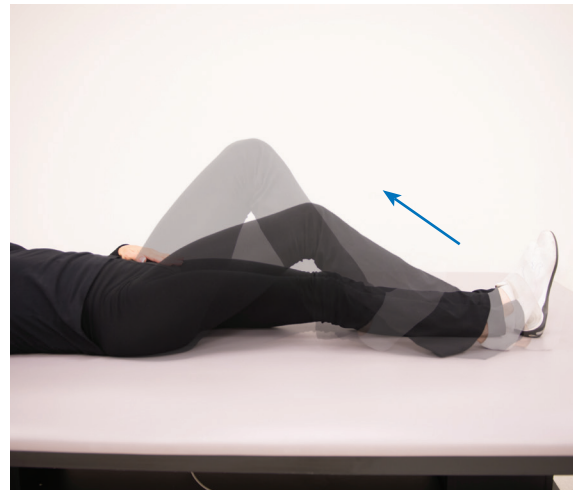
GLUTE SETS

- Lie on back.
- Squeeze buttocks together.
- Hold for 5 seconds.
- Repeat _____ times.



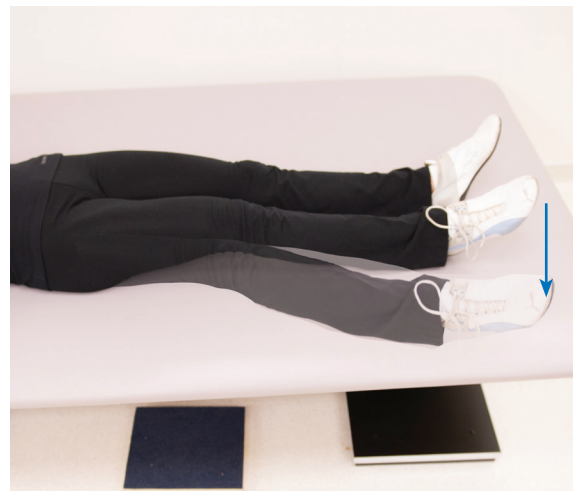
HEEL SLIDES

- Lie on back with legs straight.
- Slide one heel up to buttocks.
- Return to starting position.
- Repeat with other leg.
- Repeat _____ times.



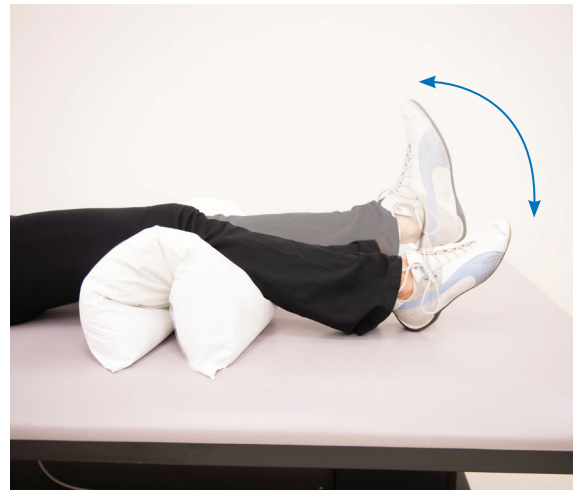
HIP ABDUCTION

- Lie on back, legs straight and together.
- Move leg out to side, keeping knee straight.
- Return to start position.
- Repeat with other leg.
- Repeat _____ times.



SHORT ARC QUADS

- Lie on back, with pillow(s) under knees.
- Straighten one leg at knee.
- Return to start position.
- Repeat with other leg.
- Repeat _____ times.



STRAIGHT LEG RAISE

- Lie on back with left knee bent.
- Raise right leg to thigh level of the left leg, keeping the knee straight.
- Return to starting position.
- Repeat with the other leg.
- Repeat _____ times.



Below are some more exercises you can do once you start feeling better.

LONG ARC QUADS

While seated with your knee in a bent position, slowly straighten your knee as you raise up your foot.

Repeat _____ times.



HAMSTRING CURLS

While standing, bend your knee so that your heel moves toward your buttocks.

Repeat _____ times.





1500 E. Duarte Road, Duarte, CA 91010 | 800-826-HOPE (4673)
CityofHope.org