

Hip Fracture

Information and exercises for patients

The following guide is designed to help you understand more about your operation and the therapy you will receive

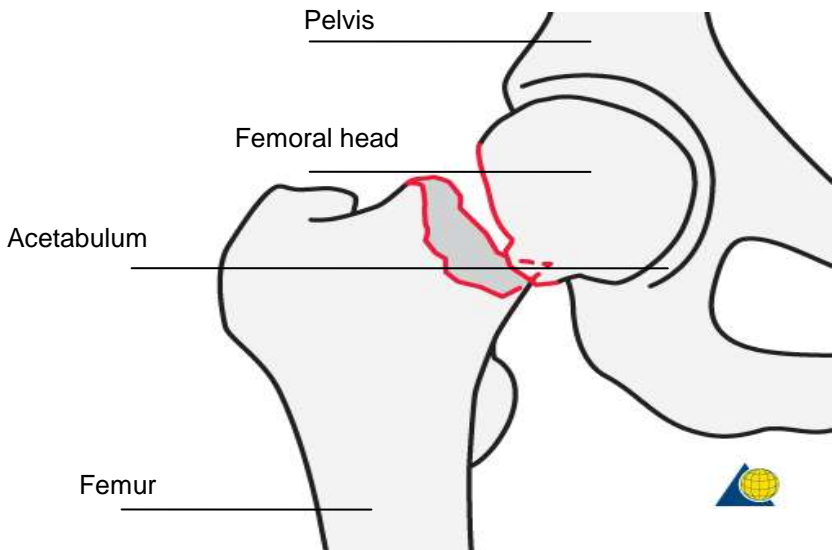
Author: Orthopaedic Therapy Team
Date: June 2014
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Version: 2

Therapy Services

Patient Information

Hip anatomy

Your hip is a simple ball and socket joint, located where your thigh bone (femur) meets your pelvis (acetabulum). When you break your hip, it is referred to as a **fractured neck of femur**.



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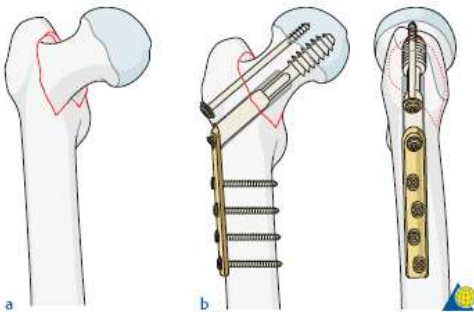
"We must by law obtain your written consent to this procedure beforehand. Staff will explain all the risks, benefits and alternatives before asking you to sign a consent form. If you are unsure about any aspect of the treatment proposed, please do not hesitate to speak with a senior member of staff."

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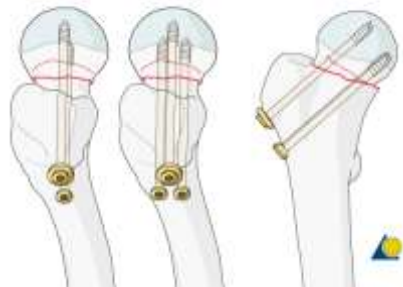
Patient Information

Types of surgery

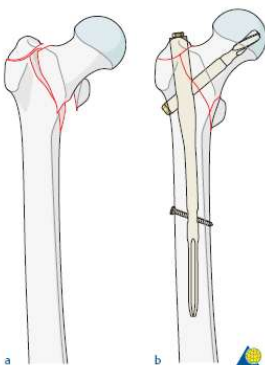
Dynamic Hip Screw (DHS)



Cancellous Screws



Proximal Femoral Nail (PFN)



Hemiarthroplasty



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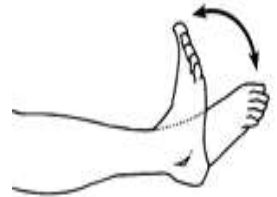
Patient Information

Before your operation

You may have to remain in bed while you await your operation. During this time you are at risk of muscle wastage and developing Deep Vein Thrombosis (DVT). Therefore we recommend you do the following exercises at least three times per day.

1. To assist good circulation

- Move both **ankles** and **toes** up and down as much as possible. Repeat x.....



2. To maintain muscle strength

- Pull your toes towards you and push the back of your knees into the bed. Hold for 5 seconds. Repeat x.....



3. To keep your chest clear:

- Take a deep breath in and hold for 3 seconds before exhaling. Repeat 3 times followed by a cough/huff. Repeat this regularly

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What to expect after your operation

- Early movement and exercise will promote recovery from your hip operation and help reduce stiffness and pain
- The day following your operation, you will begin mobilising with the therapist, using an appropriate aid
- It is important that you take regular pain relief, so that you are able to move more comfortably
- Please arrange for someone to bring in day clothes and footwear, to enable you to get dressed daily
- You will be encouraged to walk out to the bathroom for toileting and washing as soon as possible

Discharge / Rehabilitation

The team of health professionals involved in your care will discuss your discharge with you. Where possible we will aim to get you straight back to your usual residence. If appropriate you may be transferred to another ward or community hospital for further rehabilitation. You may need some support at home initially and a community therapist referral. The therapy team treating you will decide if this is necessary.

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Bed exercises

Once you have had your operation, we recommend you perform the following exercises 2-3 times a day:

1. Knee / Hip Flexion

- Lying on your back, bend and straighten your leg.
Repeat x.....



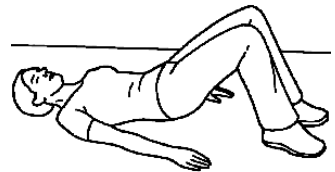
2. Hip Abduction

- Lying on your back, bring your leg out to the side, then back to the middle.
Repeat x.....



3. Bridging

- Laying on your back, bend your knees up. Squeeze your bottom cheeks together, lifting your bottom off the bed. Hold for 5 seconds.
Repeat x.....



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Chair exercises

1. Heel and Toes Taps

- Rise up onto your toes and then your heels.
Repeat x.....

2. Knee Flexion

- Slide the operated leg forwards and back along the floor. Repeat x



3. Knee Extension

- Straighten your knee in front of you, so that your foot lifts off the floor. Hold for 5 seconds. Repeat.....



4. Hip Flexion

- Lift one knee at a time towards your chest.
Repeat x



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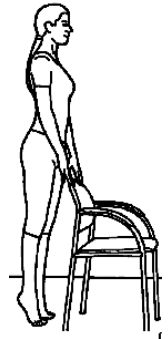
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Standing exercises

Stand holding onto a support in front of you

1. Heel Raises

- Slowly raise your heels off the floor, and lower again
Repeat x.....



2. Hip Flexion

- Stand holding a support in front of you
- Lift your knee towards your chest then lower your foot to the ground. Repeat x.....



3. Hip Abduction

- Stand holding onto a support
- Lift your leg out to the side and return to the starting position
- Ensure you don't lean sideways
Repeat x.....



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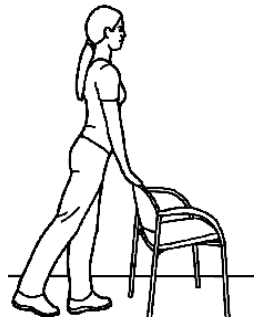
Patient Information

Standing exercises continued

Stand holding onto a support in front of you

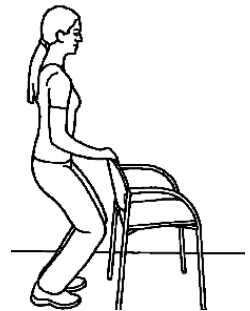
4. Hip Extension

- Stand holding onto a chair.
- Keeping your body upright, move your leg back as far as possible with your knee straight. Return to the starting position.
- Ensure you don't lean forwards. Repeat x.....



5. Squat

- Holding onto a chair with your feet hip width apart, slowly bend your knees and stick your bottom out.
- Go down as far as you feel comfortable then stand up tall. Repeat x.....



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Everyday activities

Walking

Use the walking aid provided by the therapist. Gradually increase how far you walk as you feel able to do so.

Stairs

If you need to, you will be taught how to do the stairs before you go home.

Going up: unaffected leg goes up first, followed by the operated leg and finally the walking aid

Going down: the walking aid goes down first, followed by the operated leg and then the unaffected leg



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Getting in and out of bed

When getting into bed, try to shuffle your bottom back onto the bed as far as possible before lifting your legs up. If you struggle to lift your operated leg the therapy team can teach you an easier technique. You can sleep in which ever position you find most comfortable but may prefer to place a pillow in between your knees when sleeping on your side.

Sitting

Avoid sitting on low chairs or for prolonged periods of time. Use your hands on the arms of the chair to help gently lower yourself.

Dressing

You will be shown how to dress yourself using aids if necessary. If needed sit down to dress. Dress your operated leg first and undress it last.

Bathing/Showering

Bathing may be difficult initially as you have to bend a lot when getting in and out. If you have a shower over the bath, you should take care when stepping into the bath. If you feel you are unable to do this safely, you should continue to strip wash. If you have a shower cubicle, you should step in with your unaffected leg first. Wash your legs and feet with aids or assistance as required.

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Meals

Try to have frequently used items at waist height to prevent unnecessary bending. Take care when using low ovens, shelves and the bottom of the fridge. If you are going to bend over, put your operated leg out behind you. Try to slide items across the worktops rather than carrying them.

Sport

Ask your therapist about any sports or activities you wish to do. Walking is the only activity recommended in the first six weeks after surgery.

Cars/Driving

Do not attempt to drive until you have asked your GP and checked with your insurance company. Getting in and out of a car should not be a problem as long as the car is not too low, for example, a sports car.

When getting in a car:

- Have the seat pushed right back and reclined slightly. Stand with your back to the seat and slowly lower yourself to the edge of the seat
- Push yourself backwards towards the drivers seat as far as you can go, then lift your legs in slowly

When getting out of the car:

- Try to step out onto the road rather than straight onto the pavement

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Patient Information

Important points to remember once at home

- Ensure you continue with your hip exercises regularly
- Ensure you take regular pain relief if needed
- As you feel able, start to return to your normal day to day activities
- If you experience any increased pain or additional problems with your hip you should contact your GP for advice

Any additional information/exercises given:

Therapy Services

Patient Information

Useful numbers

Social Services

Bournemouth	01202 454979
Christchurch	01202 474106
Ferndown	01202 877445
Poole	01202 633902
Purbecks	01929 553456
Dorchester	01305251414

For all other areas, in an emergency or outside of usual working hours:

Contact - 01202 657279

Care Direct – 0808 802 0202

A free 24-hour service providing information and help for people age 60 and over, their carers and relatives

Help and Care – 01202 434455

<http://www.helpandcare.org.uk/>

Provides free, confidential advice to carers

Therapy Services

Patient Information

NHS Direct – 0845 46 47

A confidential telephone line giving qualified healthcare advice and information
24 hours a day

Pendant Alarms

Provides an emergency contact system for people living at home:

Bournemouth	01202 392718
Ferndown	01202 864224
Poole	01202 733255
Purbecks	01929 558455

British Red Cross

Loan equipment (wheelchairs) to enable independent living

Open 10am – 12pm Monday to Friday.

Christchurch	01202 484074
Ferndown	01202 892772
Poole	01202 699453
Dorchester	01305 215951

Age UK Advice - 0800 169 6565

<http://www.ageuk.org.uk/>

Therapy Services

Patient Information

Contact details

If you require further advice please feel free to contact us:

Therapy Team: 01202 448179

For further general health-related information, please ask the relevant department for an Information Prescription or contact:

The Health Information Centre

Poole Hospital NHS Foundation Trust
Longfleet Road
Poole
Dorset
BH15 2JB
Telephone: 01202 448003

www.poole.nhs.uk

We can supply this information in other formats, in larger print, on audiotape, or have it translated for you. Please call the Patient Advice and Liaison Service (PALS) on 01202 448499, text 07758 272495 or email pals@poole.nhs.uk for further advice.