

# Total Hip Replacement

## Information and exercises for patients

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

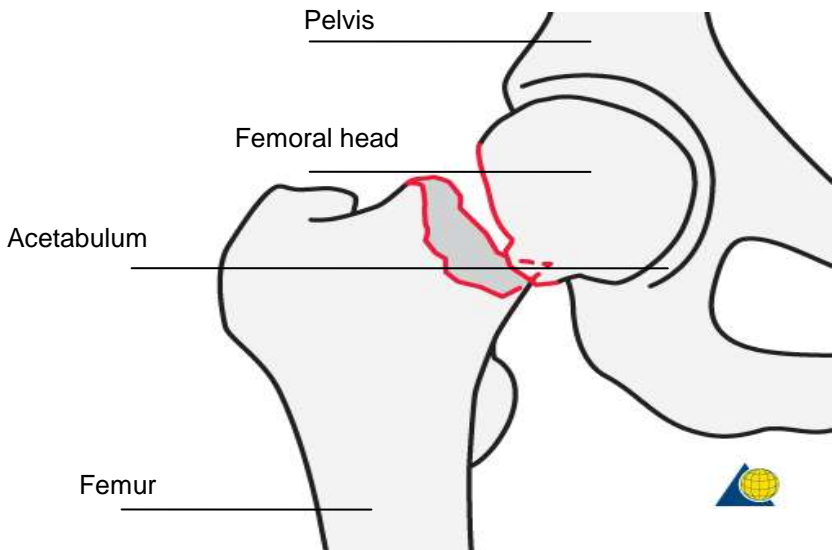
Author: Orthopaedic Therapy Team  
Date: June 2014  
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Version: 2

## 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**.

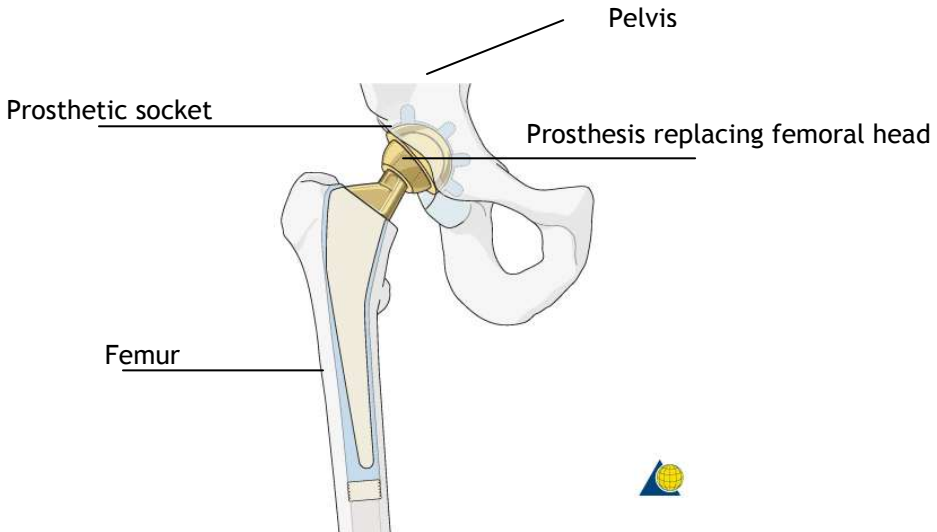


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### Your operation



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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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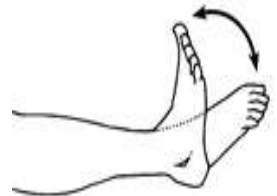
# Patient Information

### 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

### Hip Precautions

These precautions should be adhered to for **3 months**:

1. **DO NOT** cross your legs whilst sitting in a chair, or cross your ankles in bed.
2. **DO NOT** bend your hip more than a right angle (90 degrees) in sitting or bend down to pick up objects off the floor.
3. **DO NOT** twist on your operated leg when turning.
4. **DO NOT** roll or lie on the **un-operated** side. Lying on your back or on your operated side is the safest position to sleep in.

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### 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.

### 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.....



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### 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.....



### Chair exercises

#### 1. Heel and Toes Taps

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

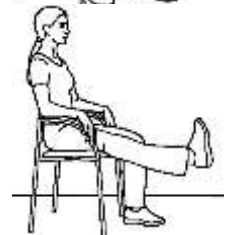
#### 2. Knee Flexion

- 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.....



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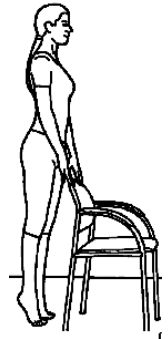
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### Standing exercises

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. Do not bend your hip more than 90 degrees.  
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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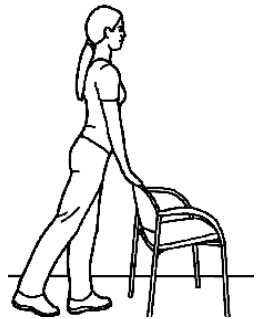
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### Standing exercises continued

Stand holding onto a support in front of you

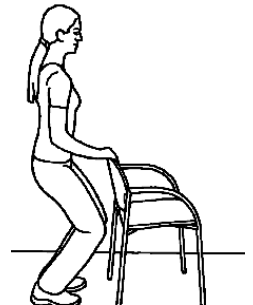
#### 4. Hip Extension

- 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, but not past 90 degrees then stand up tall at the hip.
- 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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### **Heights of furniture**

To keep your hip at a right angle, your toilet, bed and chair need to be at a safe height. This will be assessed by the Therapy Team, who will supply you with equipment if needed. When you are sitting your hip should be at the same level or higher than your knee.

### **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. It is recommended that you sleep either on your back or on your operated side with a pillow in between your knees.

### **Sitting**

You should always ensure that your knee is not higher than your hip. Use your hands to help lower yourself slowly down to the chair and slide your operated leg slightly forward.

### **Dressing**

As you cannot bend for at least 3 months, the therapy team will demonstrate how to use long-handled aids to enable dressing your lower half. If needed sit on a suitable seat to dress. Dress your operated leg first and undress it last.

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### **Bathing/Showering**

Showering, bathing and strip washing will be discussed with you. To wash your lower limbs you will be assessed with long-handled aids or advised to have assistance if required. If it is deemed safe to shower in a cubicle you should step in with your unaffected leg first. Bathing is not safe without equipment following this type of operation as it involves bending your hip too much. If you wish to bath your therapist will provide you with information on where you can purchase this equipment.

### **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.

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### **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

### **Important points to remember once at home**

- Ensure you continue with your hip exercises regularly
- Remember your hip precautions (consider chair, toilet and bed heights if you are out and about)
- 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

## Therapy Services

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### 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

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**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

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### 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](http://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](mailto:pals@poole.nhs.uk) for further advice.**