

Physiotherapy program after Total Hip Replacement



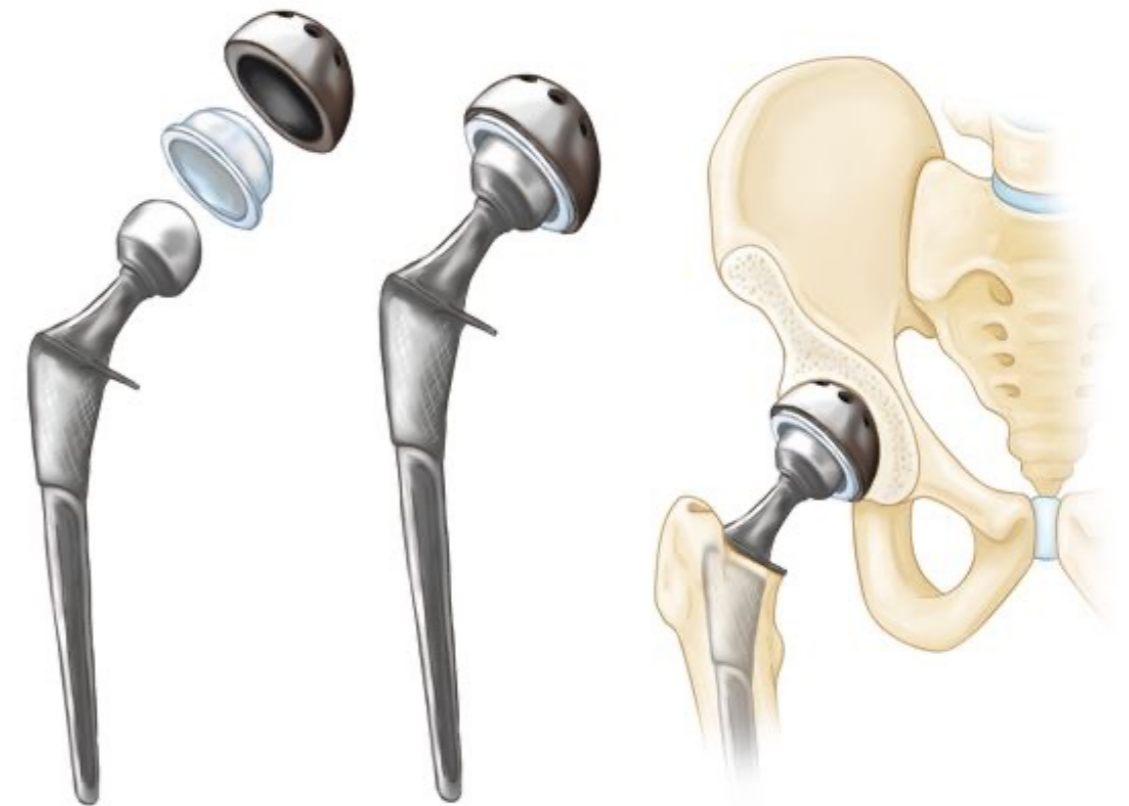
Patient and Family Education
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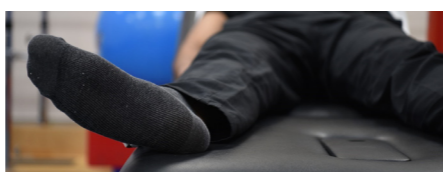

WHAT IS A TOTAL HIP REPLACEMENT?






It is a procedure to replace the worn or damaged hip joint. Damaged sections are replaced with parts usually made of metal, ceramic and hard plastic. This new joint helps reduce pain and improve function.



DO'S AND DON'T'S




Please note that the exercises and instructions described in the pictures are for the Right hip.
If your surgery was done on the left hip, please change the side of the exercises to be suitable for your case

	Do	Do Not
Sitting	<p>Keep your hip at or below 90 degrees</p>  	<p>DO NOT cross your legs at the knees or ankles</p>   
Sleeping	<ul style="list-style-type: none"> Keep a pillow between your legs when lying on your back Keep a pillow between your legs when lying on your normal side Support your leg with towel or pillow to keep your toes pointed upward  	<ul style="list-style-type: none"> DO NOT cross your operated leg while sleeping on your back or side Avoid sleeping on your operated side at least for 6 weeks DO NOT point your toes inward or outward   




	Do	Do Not
Toileting	<p>Use a raised toilet seat to avoid excessive bending of hip</p> 	<p>DO NOT use a low toilet</p>
Walking	<p>Keep your knees properly aligned without rotation while using a walker</p> 	<p>DO NOT rotate your upper body while your operated leg is firmly placed on the ground, instead rotate your body and leg together as a whole</p> 
Sit to stand	<p>While getting up, slide forward, push up on the ARM REST to avoid stress on your hip</p> 	<p>DO NOT lean forward beyond 90 degrees at the hip in standing to pick items.</p> 

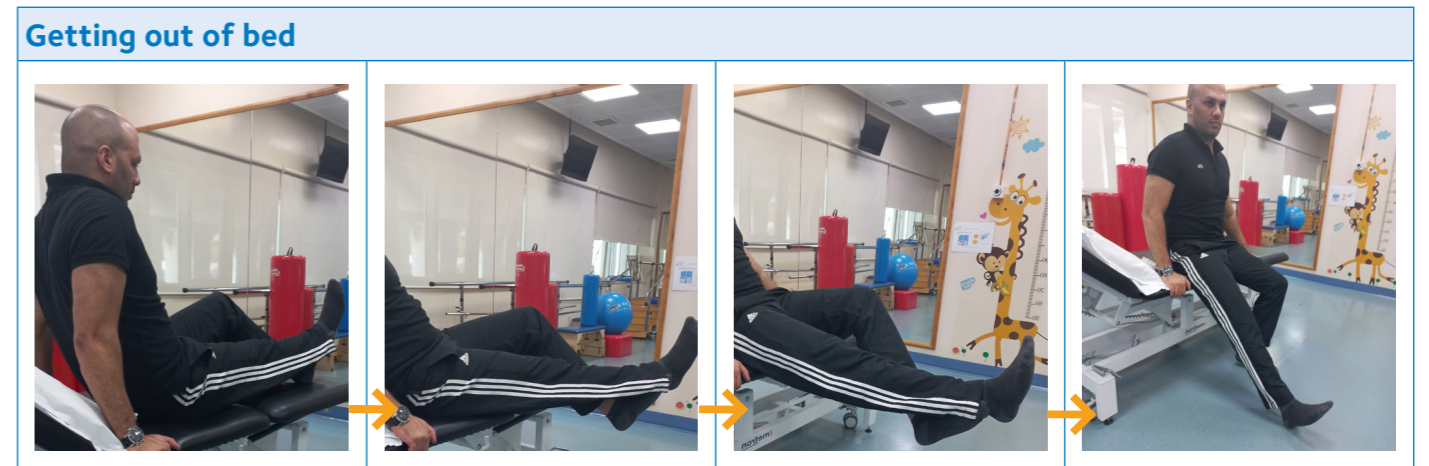
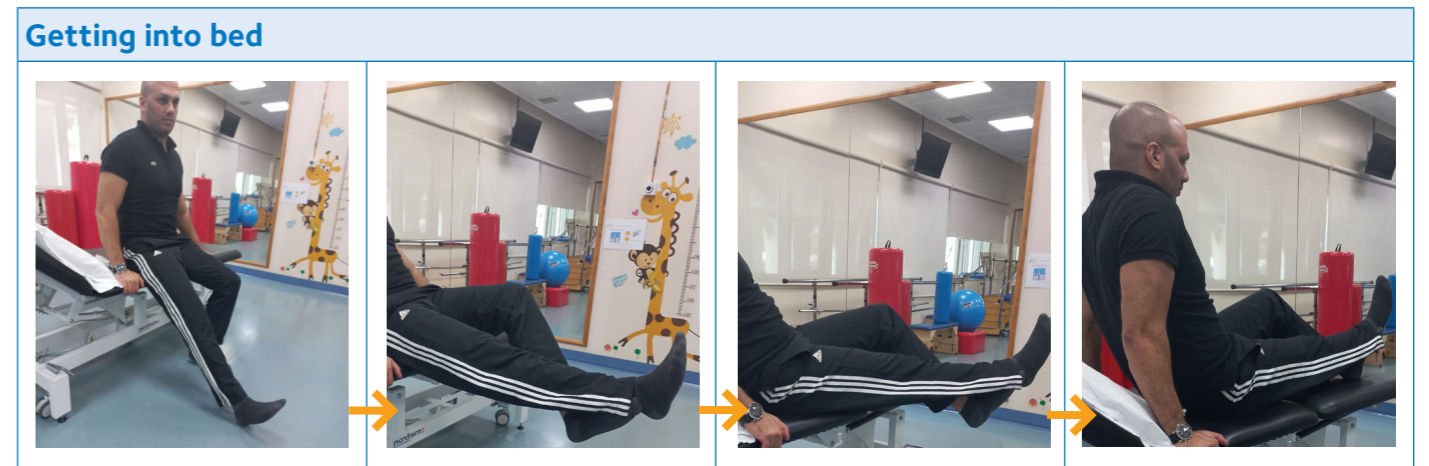
	Do	Do Not
Driving		Do not drive until your doctor says it is safe to do so
Weight gain		Avoid gaining excessive body weight to avoid stress on your knee
General instruction	If you notice excessive redness, swelling, draining from the incision, high fever, chills or severe pain, nursing staff/physician should be immediately informed.	

EXERCISES

EXERCISES	POSITION	DESCRIPTION	REPETITIONS, SETS AND FREQUENCY	
Ankle pump	Lying or Semi upright position	Move your foot up and down	10 repetitions, 3 sets, Hourly	
Quadriceps sets	Lying or Semi upright position	STEP-1: Press your knees firmly down onto a small, rolled towel or onto the bed. STEP-2: Hold for a minimum of 5-10 seconds and then relax.	10 repetitions each 3 sets 4 times/day	
Hamstrings sets	Lying or Semi upright position	STEP-1: Press your heel down into the couch/bed without moving your leg. STEP-2: Hold for a minimum of 5-10 seconds and then relax.	10 repetitions each 3 sets 4 times/day	

EXERCISES	POSITION	DESCRIPTION	REPETITIONS, SETS AND FREQUENCY	
Gluteal sets	Lying or Semi upright position	STEP-1: Squeeze your buttocks firmly together. STEP-2: Hold for a minimum of 5-10 seconds and then relax.	10 repetitions each 3 sets 4 times/day	
Adductor sets	Lying or Semi upright position	STEP-1: Place a rolled towel or a ball in between your knees and squeeze your knees together and keep your knees straight. STEP-2: Hold for a minimum of 5-10 seconds and then relax	10 repetitions each 3 sets 4 times/day	
Heel slide	Lying	STEP-1: Slide your heel toward your buttocks as much as you can, by maintaining your touch on to the couch (DO NOT lift the feet off the couch) STEP-2: Return to the starting position	10 repetitions each 3 sets 4 times/day	
VMO "vastus medialis obliques" strengthening	Lying or Semi upright position	STEP-1: Keep a pillow/rolled towel/ bolster under your knee and straighten your knee. STEP-2: Hold for a minimum of 5-10 seconds and return to the starting position.	10 repetitions each 3 sets 4 times/day	

EXERCISES	POSITION	DESCRIPTION	REPETITIONS, SETS AND FREQUENCY	
<p>Straight leg raise (DO NOT perform this exercise without the approval your doctor)</p>	Lying or Semi upright position	<p>STEP-1: Lift your leg with keeping your knee straight about 20 cm.</p> <p>STEP-2: Hold for 5-10 seconds and then return to the starting position</p>	10 repetitions each 3 sets 4 times/day	
<p>Hip abduction</p>	Lying or Semi upright position	<p>STEP-1: Move your leg to the side of the bed with the knee straight</p> <p>STEP-2: Return to midline (DO NOT cross the midline)</p>	10 repetitions each 3 sets 4 times/day	
<p>Seated knee straightening</p>	Sitting	<p>STEP-1: Straighten your knee</p> <p>STEP-2: Hold for a minimum of 5-10 seconds and return to the starting position.</p>	10 repetitions each 3 sets 4 times/day	



Walking using walker



Going upstairs



Going downstairs

