

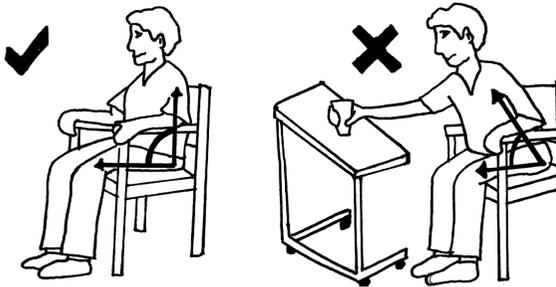
Premier  
Orthopaedic  
Pathway

## **Physiotherapy after total hip replacement**

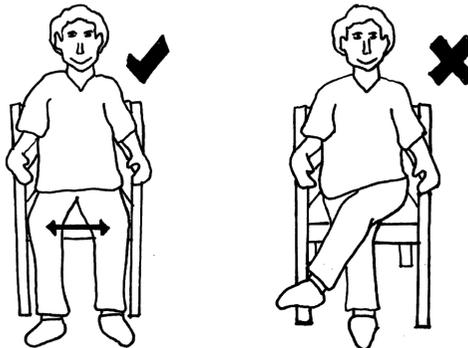
## Hip precautions

The following precautions are important to reduce the risk of dislocation. They should be followed for 6 weeks after your operation.

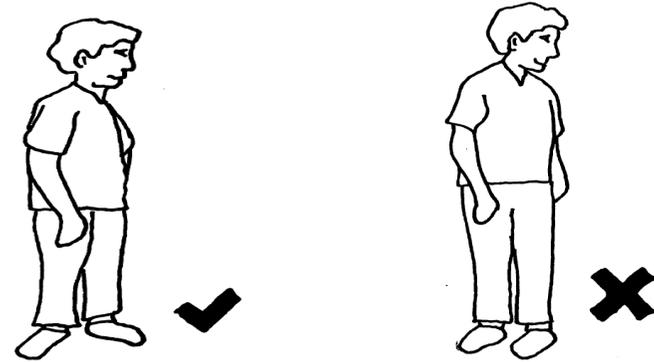
1. **DO NOT BEND** your hip more than 90 degrees i.e. more than a right-angle.



2. **DO NOT CROSS** your legs.



3. **DO NOT TWIST** on your operated leg when turning.



4. **DO NOT STOOP** to pick things up off the floor.



5. **WHEN SLEEPING** try to sleep on your back to prevent your legs crossing over. Alternatively put pillows between your knees/ thighs. You should continue this for 6 weeks after your operation.

Physiotherapy is vital to make the most of your surgery and is essential to ensure the success of the operation.

### **Day 1**

You will see a physiotherapist on the first day after your operation, who will work through some exercises with you, and help you take a few steps to sit in the chair. You will be given a walking frame to help you balance and your physiotherapist will advise you how much weight you can put through your operated leg.

### **Getting in and out of bed**

You will be helped out of bed on the first day after your operation. It is important to remember your hip precautions at all times.

### **Walking**

Initially you will have the supervision of a nurse or Physiotherapist whilst walking. We will advise you when it is safe for you to walk on your own.

You may turn around in either direction, but you must not pivot or twist on your operated leg. Step around instead.

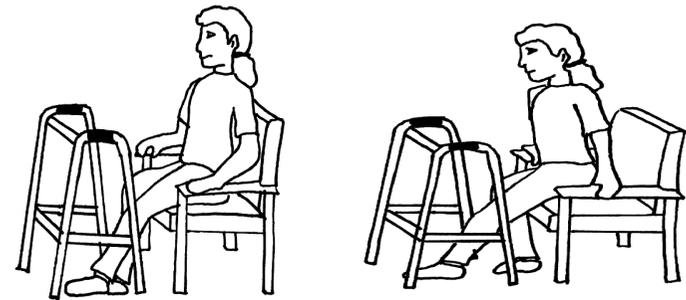
The distance you will be able to walk varies from person to person. It is a good idea to build this distance up gradually to maintain fitness. You will not damage your hip by walking unless you take more weight through it than instructed.

### **Standing up**

1. Move to the front of the chair seat.
2. Push up using the arms of the chair into standing.

### **Sitting down**

1. Make sure you can feel the chair against the back of your legs
2. Reach back for the arms of the chair.
3. Without bending forwards gently lower yourself into the chair, taking the weight evenly through your arms.
4. You may find it more comfortable to slide your operated leg forwards as you sit down.



## Stairs

If you have stairs at home your physiotherapist will practice them with you before you go.

This is the order you should go up and down:

### **Going up:**

Non-operated leg  
Operated leg  
Crutch/ stick

### **Coming down:**

Crutch/ stick  
Operated leg  
Non-operated leg

## Exercises

**Exercises are very important and should be started as soon as possible after surgery.**

Now that you have had your hip operation it is up to you to work hard in order to make the most of your new hip and to return to normal activities as soon as possible.

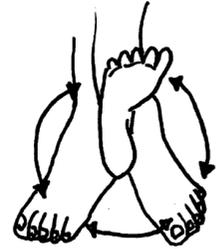
Either the bed **or** the chair exercises should be done hourly for the first few days following your surgery.

After this exercises should be done at least five times a day, unless your physiotherapist advises otherwise.

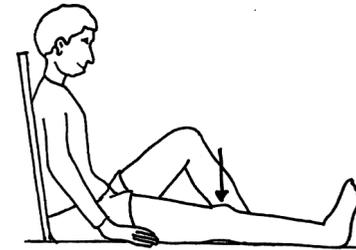
## Bed exercises

### 1. Foot & ankle

Move your ankle slowly round in a large circle. Repeat this for 30 seconds every hour.



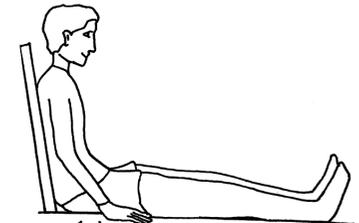
### 2. Thigh squeezes



With legs out straight, push the back of your knee firmly into the bed. Hold 5 seconds then relax. Repeat 10 times.

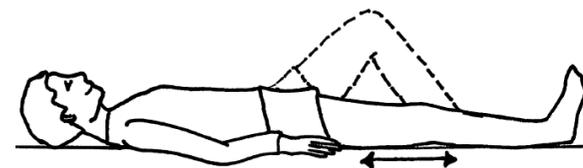
### 3. Bottom squeezes

Squeeze buttocks firmly together for 5 seconds. Repeat 10 times.



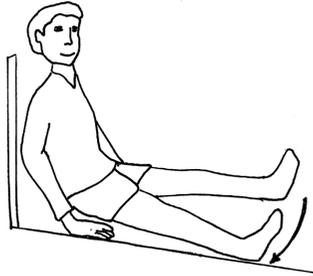
### 4. Knee bending

Bend and straighten your hip and knee by sliding your foot up and down the bed. Repeat 10 times.



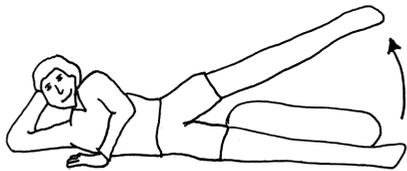
5. Leg sliding

Keeping your leg straight and your toes pointing towards the ceiling, slide your operated leg out to the side as far as you can manage, then slide back in. Repeat 10 times.



6. Leg lifting (start only when advised by your Physiotherapist)

Lying on your un-operated side with a pillow between your legs, slowly lift your operated leg up towards the ceiling, then down. Do not let your leg drop below the pillow. Repeat 10 times.



**Chair exercises**

7. Knee straightening

Pull your toes up, tighten your thigh muscles and straighten your knee. Hold 5 seconds then slowly lower down. Repeat 10 times.



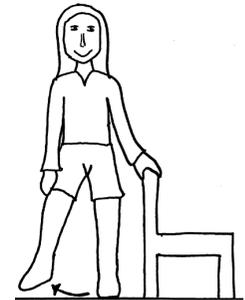
**Standing exercises**

Hold onto a firm support.



8. Bring your leg back behind you, keeping your knee straight. Slowly lower down. Do not lean forwards. Repeat 10 times.

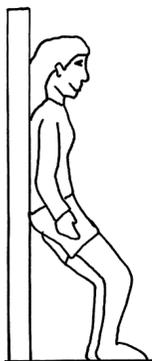
9. Slowly lift your leg sideways, then lower it back to the middle. Keep your body straight throughout the exercise. Repeat 10 times.



10. Slowly lift your leg in front of you as high as you can manage up to 90°, you may bend your knee. Then lower down again. Repeat 10 times.



## 11. Mini squats



Stand with your back against a wall, with your feet shoulder-width apart. Slowly slide your back down the wall allowing your knees to bend to about 40 degrees. Then straighten your knees to return to your starting position.

***It is important that you continue your exercises for at least 3 months.***

You should continue to use your crutches/ walking stick until you can walk without a limp.

### **Frequently asked questions**

#### **Will I have physiotherapy when I leave the hospital?**

Follow up physiotherapy is not routinely needed and you will be advised if you do require any. If you do it will be arranged for you before you leave hospital.

#### **Will I feel tired?**

You have had a major operation, so you may tire quickly. This is normal and your strength will gradually return over the next few months.

#### **How long will I have pain for?**

It is likely that you will continue to experience some discomfort for several weeks. If the pain is not well controlled, please inform your GP.

#### **When can I drive my car again?**

Check with your consultant but it is usually after 6 -12 weeks. You must inform your insurance company that you have had an operation.

#### **How will I manage getting in and out of a car?**

It is easier to get into the car from a road or driveway rather than the pavement (which is higher).

1. Put the passenger seat as far back as possible with the backrest slightly tilted back.
2. Stand with your back to the car with knees touching the seat.
3. Gently lower yourself down onto the seat with your bottom as far onto the seat as possible, sliding your operated leg out in front of you.
4. Swing your legs round into the car.

Getting out of the car is the same procedure in reverse.

**Any further questions?**

Please feel free to ask your physiotherapy team if you have any further questions!

**Your physiotherapist is**

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**Contact details**

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