

Exercise and Guidance following Hip Replacement Surgery

Physiotherapy & Occupational Therapy

Introduction

This leaflet is for patients who have had surgery to replace their hip joint. It will explain the exercises you need to do following your surgery and provide general advice on your recovery.

This leaflet is split into three sections:

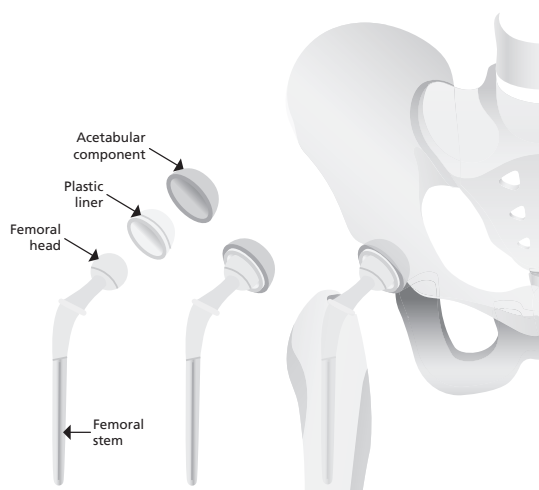
1. General advice following your surgery
2. An exercise programme to support recovery
3. Advice on returning to daily activities.

The vast majority of patients do not need any further input from a Physiotherapist after being discharged from the ward. The following information in this leaflet will help with your ongoing progress and rehabilitation.

What is a hip replacement?

A hip replacement is a common type of surgery for chronic conditions or fractures of the hip joint. The damaged hip is replaced with an artificial prosthesis.

The hip prosthesis is made up of a stem that goes into the thigh bone (femur), the head of the femur (femoral head) that fits into the femoral stem, and a cup (acetabular component) that is inserted into the socket of the hip joint



A Total Hip Replacement

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

What to do after a hip replacement?

- Take your pain relief as advised by your Doctor / Nurse
- Start mobilising early and often (following consultant instructions and under staff supervision)
- Complete routine post-operative exercises (as instructed by Physiotherapist)
- Mobilise with mobility aids (as instructed by Physiotherapist).

How often do I take my pain medication?

Having a joint replacement will relieve the arthritic pain from the joint itself. However, because of the trauma to the soft tissues and surrounding area of the joint during surgery, you should expect some pain. Therefore:

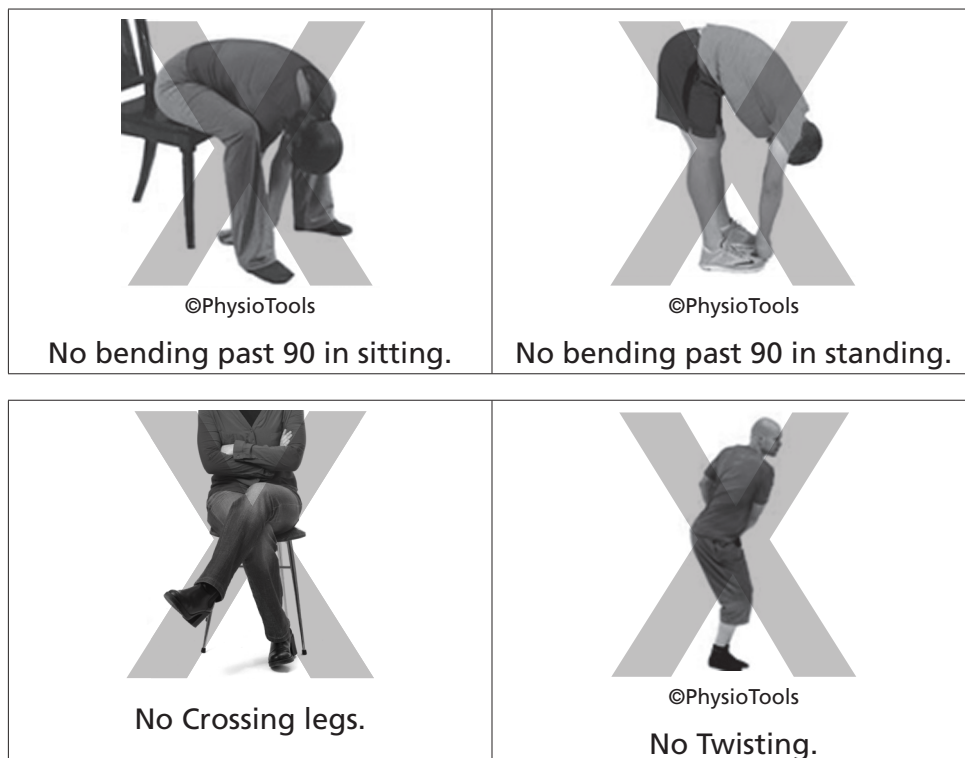
- You should take your pain relief as advised by your Doctor / Nurse
- Your exercises are best performed 20 minutes after taking your medication.

What are my hip precautions?

Hip precautions are movements that you must avoid to reduce the risk of re-injury or dislocation of your new hip.

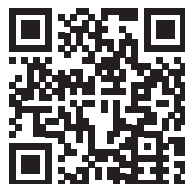
- Do not bend your hip beyond 90 degrees for example, reaching to the floor
- Do not cross your legs
- Do not twist your leg, turn or point your toes inward.
- You must sleep on your back unless told otherwise by your consultant.

You need to follow your hip precautions for a minimum of 6 weeks as this is the length of time it takes for the muscles and soft tissue to heal providing the necessary support for your new hip.



These precautions will have an effect on how you carry out your everyday activities. Your Occupational Therapist will teach you the safest ways of completing these tasks, for example; how to dress using equipment to avoid bending down to your feet and how to get on and off a bed safely.

Please use the link below for further information to support you following your hip replacement surgery.



Equipment

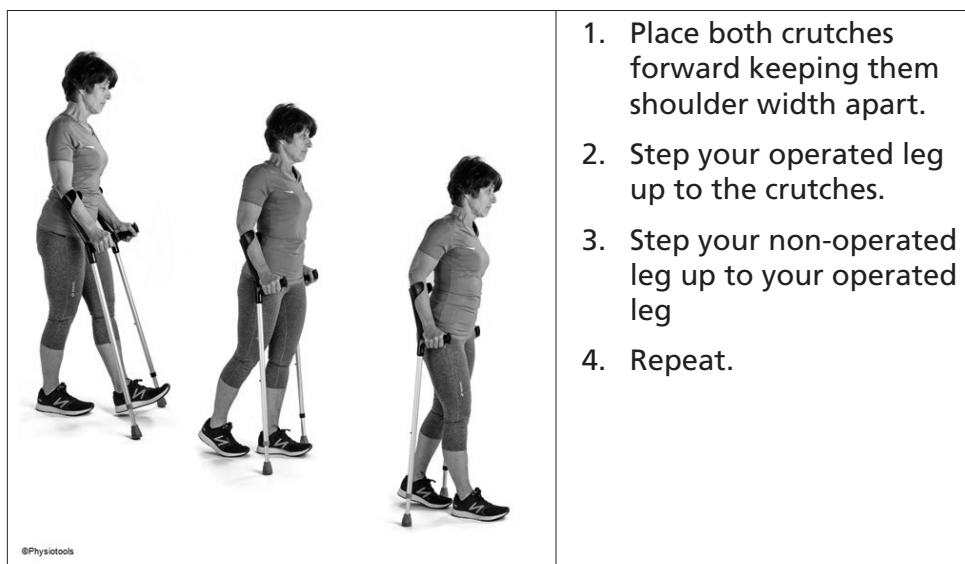
If required the Occupational Therapist will organise the loan of equipment for you to use following your hip replacement. This will be arranged and delivered from a local equipment store prior to your operation.

Guidance for mobilising

Why is mobility important?

After your surgery the Physiotherapist will teach you how to walk safely with elbow crutches. This will help to reduce pain, stiffness, swelling, and improve the overall strength in your hip post operatively.

How do I mobilise with elbow crutches?



1. Place both crutches forward keeping them shoulder width apart.
2. Step your operated leg up to the crutches.
3. Step your non-operated leg up to your operated leg
4. Repeat.

How do I progress my walking following a hip replacement?

Once discharged from the hospital, continue to walk indoors to build your confidence. When you are ready to walk outdoors, go with assistance until you feel more confident. Continue to use 2 elbow crutches for the first 3-4 weeks

Guidance for stairs

Climbing Upstairs



1. Stand close to the stairs. Place the crutch from the side of handrail in to the opposite hand, as demonstrated by your Physiotherapist on the ward. Hold onto the handrail with your hand that is closest the handrail
2. Place the non-operated leg up on the step above
3. Bring your operated leg up to join it
4. Finally bring up the crutch to the same step
5. Repeat the process for each step
6. Always go one step at a time

Going Downstairs



1. Stand close to the stairs. Place the crutch from the side of handrail into the opposite hand, as demonstrated by your Physiotherapist on the ward. Hold onto the handrail with your hand that is closest the handrail.
2. Place the crutch down on to the step below
3. Followed by your operated leg
4. Finally bring the non-operated leg down to the same step.
5. Repeat the process for each step
6. Always go one step at a time.

Walking Diary

Day by day gradually increase the distance and length of time you walk with your crutches to improve your tolerance. Start with a distance you know you can manage and gradually increase your walking time. The below walking diary is a guide only. If your mobility was poor prior to your surgery, the time you walk may be less.

Record how many minutes you have walked every day on the walking diary below to monitor your overall progression. You should try a short walk up to four times a day.

Day	Week 1	Week 2	Week 3
Monday	<i>E.g. 5-6 Minutes timed walk, 3 times today</i>	<i>E.g. 9-10 Minutes timed walk, 4 times today</i>	<i>E.g. 9-10 Minutes timed walk, 4 times today</i>
Tuesday			
Wednesday			
Thursday	<i>E.g. 7-8 Minutes timed walk, 3 times today</i>	<i>E.g. 11-12 Minutes timed walk, 4 times today</i>	<i>E.g. 16-20 Minutes timed walk, 4 times today</i>
Friday			
Saturday			
Sunday			

How do I wean myself off my elbow crutches?

Routinely following a hip replacement, you should be able to put your full weight through the operated leg. However, if your weight bearing status is altered your Physiotherapist or Consultant will discuss this with you following your surgery.

Routinely, 3-4 weeks following surgery, your hip pain will reduce and your hip muscles will have strengthened. At this point you may feel ready to reduce your crutches down to one. To do this, remove the crutch from the side of your operated leg, unless you are told otherwise by your Consultant or Physiotherapist. If your weight bearing status is altered you will be required to use both elbow crutches for 6 weeks.

Do not reduce down to one elbow crutch or try walking without any aid until you are walking pain free, upright and evenly, as this may encourage bad walking habits.

Home exercise programme

The muscles around your hip replacement are prone to becoming weak following surgery. These exercises are designed to strengthen these particular muscles.





You must complete the home exercise programme for at least 6-8 weeks after you leave hospital, until you come back for your follow up appointment with your consultant.

Only do the exercises as instructed by your Physiotherapist on the ward.

Please do not be tempted to add on more strenuous exercise until you have seen your consultant at your follow up.


Seated exercise

For seated exercises, ensure that your chair is at the height recommended by your Occupational Therapist. We recommend that you start off with completing 5 repetitions of each exercise and gradually increase them to 10 as your muscles get stronger, 3-4 times per day. Try not to sit for any longer than an hour. Either complete seated exercises or walk to prevent stiffness at your hip joint.

	<ol style="list-style-type: none">1. Sitting on a chair with both feet planted on the floor.2. Slowly lift your heels off the floor bringing the weight onto your toes. <p>Repeat 5-10 times 3-4 times a day.</p>
	<ol style="list-style-type: none">1. Sitting in a chair.2. Squeeze your bottom muscles together and hold for 5 seconds. <p>Repeat 5-10 times 3-4 times per day.</p>
	<ol style="list-style-type: none">1. Sitting on a chair.2. Pull your toes up, tighten your thigh muscle and straighten your knee.3. Hold approximately 5 secs and slowly relax your leg. <p>Repeat 5-10 times 3-4 times per day.</p>
	<ol style="list-style-type: none">1. Sitting in chair.2. March on the spot gently.3. To avoid lifting your leg higher than 90 degrees, do not lift your knee higher than your hip. <p>Repeat 5-10 times 3-4 times per day.</p>

Standing exercises

These exercises will strengthen the muscles that surround your hip joint. We recommended that you start off with completing 5 repetitions of each exercise and gradually increase them to 10 as your muscles get stronger, 3-4 times per day.

	<ol style="list-style-type: none">1. Stand straight with both hands on a solid support.2. Lift your operated knee up off the floor.3. When lifting, keep your knee below the level of your hip.4. Return to starting position. <p>Repeat 5-10 times 3-4 times per day.</p>
	<ol style="list-style-type: none">1. Stand straight holding on to a solid support with one hand.2. Lift your operated leg sideways and bring it back keeping your body straight throughout the exercise.3. Return to starting position. <p>Repeat 5-10 times 3-4 times per day.</p>
	<ol style="list-style-type: none">1. Stand straight holding on to a solid support with both hands.2. Bring your operated leg backwards keeping your knee straight.3. Do not lean forwards.4. Return to starting position. <p>Repeat 5-10 times 3-4 times per day.</p>
	<ol style="list-style-type: none">1. Stand holding on to a solid support with both hands, with your feet shoulder width apart.2. While keeping your back straight and your hips above the level of your knees, slowly lower your body into a semi-squat position. Do not lean forward and keep your heels in contact with the ground at all times.3. Your knees should be above your toes. Do not let your knees turn in or out during the movement.4. Return to starting position. <p>Repeat 5-10 times 3-4 times per day.</p>

Will I see a Physiotherapist once I have been discharged from hospital?

Your clinic appointment should be made by the ward staff for 6-8 weeks after your operation, this is likely to be with a Specialist Physiotherapist and not your surgeon.

Physiotherapy follow-up is arranged at the discretion of the ward therapist and they will send a referral to your local Physiotherapy Department if required. Once they have received this referral the outpatient department will contact you.

Who should I contact if I have any concerns or questions about my Physiotherapy?

If you are worried about any aspect of your Physiotherapy, please speak to the Physiotherapist responsible for your care on the ward. Messages can be left on the following numbers during normal working hours (Monday – Friday, 8.30am – 4.30pm) for your Physiotherapist to call you back.

New Cross Hospital – 01902 695596

Cannock Chase Hospital – 01543 576590

In the very unlikely case that you require Physiotherapy advice outside of these hours please contact the ward you were discharged from.

Things to consider before going home

- Do not undertake any major decorating before your admission that leaves your house unsafe.
- Remove or move loose rugs, trailing electrical wires and make sure the lighting is good to reduce the risk of you tripping or falling.
- Think about asking someone to come and stay with you if you think you may need help once you are home.
- Ask friends or family for help with shopping, cleaning or looking after pets if you think you may find this difficult.
- Think about personal hygiene as you may find it difficult to bath or shower.
- Purchase a helping hand and long handled shoe horn to assist you with activities of daily living.
- Consider fitting a 2nd stair rail.
- Have a land line or mobile phone in close contact in case needed for emergencies.
- Stock up the freezer with precooked food or microwave meals.
- Keep everyday kitchen items in easy reach.
- If there is room, have a table and high chair to eat at or a high chair by a work surface in the kitchen so you do not have to carry your meals from room to room.

Returning to daily activities

The following information provides you with some guidance but always check at your Consultant follow up before commencing these activities.

We strongly advise you to ask questions at your follow up appointment with your consultant or clinical specialist regarding returning to work, and/or more active hobbies, as well as if your hip precautions can be relaxed.

Using the bath or shower

If you have a shower proof dressing you can use a walk-in shower immediately. Ensure the shower head is angled away from your dressing to keep the wound as dry as possible.

If your shower is over the bath, we recommend a strip wash, to ensure that you adhere to your post-operative precautions. You may find that standing up to strip wash is uncomfortable, therefore you might find sitting on a chair or stool more comfortable.

You should avoid having a bath until the wound is fully healed and you can get out of the bath again, this is usually after 6 weeks.

After 6 weeks, always take your time and try and hold onto something solid when stepping in and out of a bath or shower, or have someone with you. It is advisable to have an anti-slip mat for safety.

Driving

Before returning to driving, we advise that you contact your insurance company to discuss driving following a hip replacement surgery.

Most patients are able to resume driving about 6 weeks after surgery. This will depend on muscle strength, coordination and overall healing. Your consultant will advise you further on this at your 6-week review. Even after 6 weeks you should not attempt driving unless you feel safe to control the car, and can perform an emergency stop.

It is recommended not to go on long journeys for more than 30 minutes as a passenger without stopping to exercise the leg; particularly in the first 6 weeks.

How do I get in and out of a car?

Positioning the car: you should sit in the front passenger seat of the car after your operation as there is more leg room.

Make sure the car is parked away from the kerb, so you can be on the same level as the car before you try to get in.

Push the seat back as far as possible and slightly reclined.

Go bottom first into the car and lower yourself slowly to the edge of the seat. Use your arms and lift your bottom further across the seat towards the driver's side. Lift your legs into the car slowly.

A plastic bag will help you swivel your legs in more slowly, but must be removed before you drive off.

Reverse this procedure to get out.

Swelling management

Swelling is a normal part of the healing process following a hip replacement. Your hip and leg may remain swollen for several months after your surgery and is likely to occur around your ankle or knee as a result of gravity.

To manage the swelling, we recommend that you rest for up to an hour on the bed at least once a day during the first six weeks.

If you have any concerns regarding your swelling and wound following discharge from hospital, please contact the 'Back in Trouble' clinic on 01902 695380 for advice.

Flying

Short flights of less than 3 hours can take place from 8-10 weeks, flights longer than this should be delayed until 12 weeks or more. It is always advisable to seek medical advice on your specific circumstances before booking flights. Also, it is advisable to inform your travel or health insurance provider prior to flying otherwise, should you need to make a claim you may find the policy invalid.

Sexual relations

Patients can generally resume normal sexual relations from 6 weeks. Avoid vigorous sex and more extreme positions.

Active Hobbies

It is advisable to avoid any active hobbies whilst recovering from your operation including activities such as gardening and swimming. As a general rule you need to wait for at least three months before you resume activities as normal but for some more active hobbies or tasks you may need to wait for at least six months. Always seek advice from your consultant or clinical specialist regarding resuming such activities.

Useful Contact Numbers

- Equipment returns Wolverhampton residents: 01902 553645 / 01902 551100
- Equipment returns South Staffordshire residents: 01785 273950
- Patient transport services New Cross: 01902 694999
- Neville Garrett Centre: 01902 553652
Independent living and community equipment services in Wolverhampton. Provides information and assessments for adaptations and equipment to help improve independence.
Opening times: 9:00 – 12:30 / 13:30 – 16:00.
- Benefits Advice Line Wolverhampton: 01902 482000
- Age UK Wolverhampton: 01902 572060
- Age UK Staffordshire: 01785 788477
Services for those aged 50 and over including visiting and befriending, social activities, benefits advice and community care services. Services may vary depending on region.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。