

Hip Replacement Rehabilitation Guide

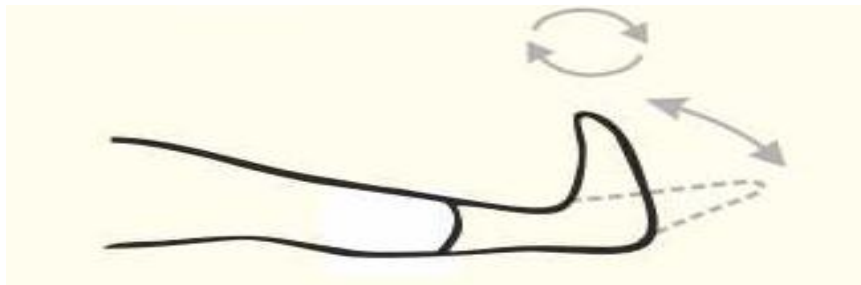
For a successful outcome of surgery after Hip replacement, rehabilitation exercises are of utmost importance. These have to be started from the day following your surgery and are gradually modified as your recovery progresses.

General instructions

- Each individual responds differently to surgery
- Judge your own recovery and increase activities as tolerated
- Don't compare your recovery with other Hip replacement patients
- Exercises should be performed without any jerky or abrupt motion
- Bathing – Do not wet the operated area. After stitch removal, you may take bath/shower freely

POST OP DAY 0

1. Do ankle toe pumps exercise after every 2 hours. Remember to bend your ankles up and down



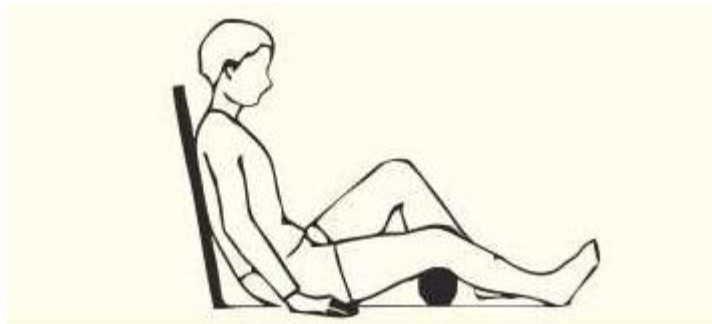
2. Deep breathing exercise every 3 hours
3. Keep a pillow in between your legs, so that your operated leg should be kept abducted(away from body) position
4. You can change side(log rolling) 6-8 hours after you reach recovery room, by keeping pillow in between your legs
5. Keep on icing the operated area with ice packs every 2 hours

POST OP DAY 1

1. Keep on repeating the Ankle toe pump exercise ater every 2 hours.
2. Keep on regularly Icing the operated knee

Do 10 reps of each of the following exercises twice daily

3. Isometrics Quads



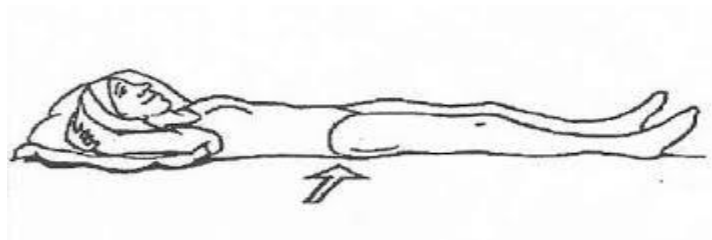
Slowly tighten muscles on thigh of straight leg. Try to straighten your knee. Hold for 5 to 10 seconds.

4. Static Hamstring



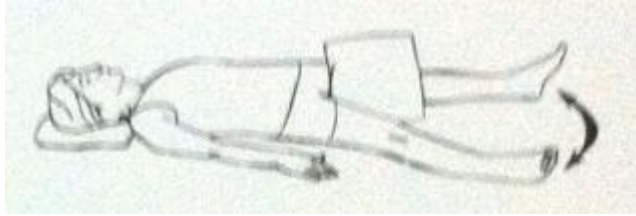
Press the towel below your heel, hold for 5-10 seconds and then relax

5. Static Gluteus



Try to squeeze your Hips as hard as possible as if you are trying to hold a coin in between your hips, hold for 5-10 seconds and then relax

6. Hip Abduction

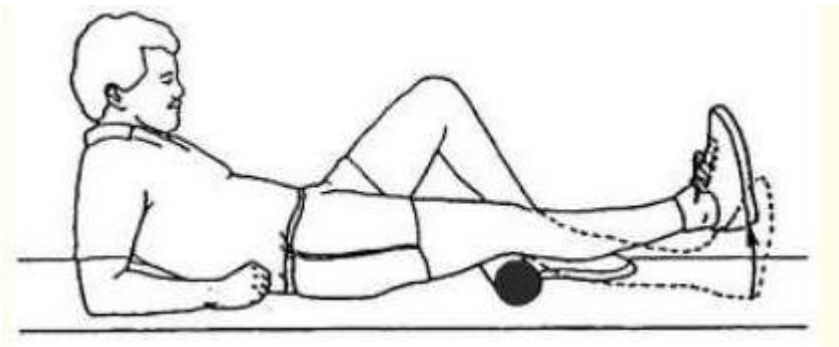


Keep your toes pointed towards ceiling. Move your leg out to the side as far as possible . slowly return to the starting position and relax.

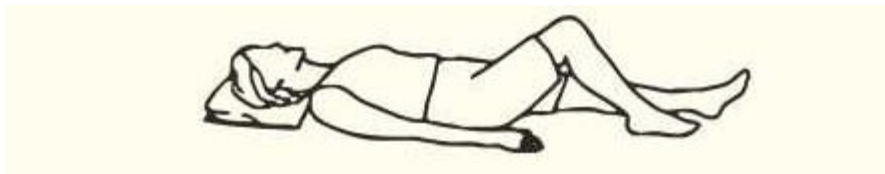
7. Assisted straight leg raise



8. VMO exercises

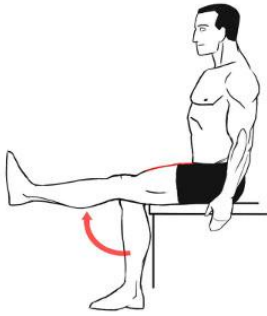


9. Heel Slides



Bend knee and pull heel towards buttocks upto 30 degrees

10. Long arc quads



11. Walking with the help of walker

- Walk 3-4 times in a day
- All four legs of the walker should be on the ground before taking a step
- Take small steps when turning, do not twist on operated leg



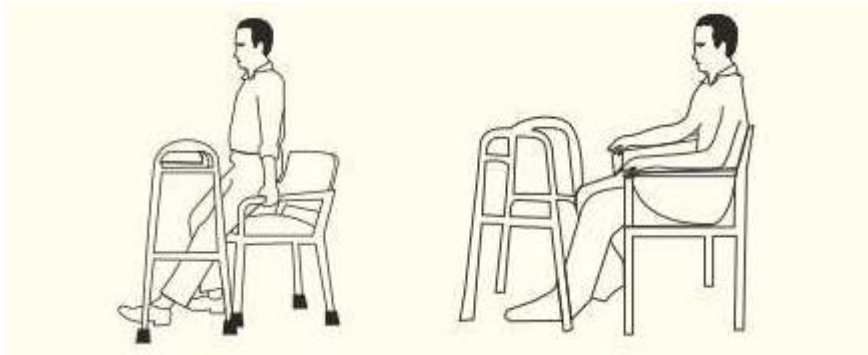
POST OP DAY 2

1. Follow same as above exercises twice daily
2. Toilet Training
 - Using a regular or raised toilet seat:
 - Back up to the toilet seat until you feel it against the back of your legs
 - Reach back with one hand a time to the edge of the toilet seat
 - Lower yourself by bending your good leg



3. Chair Sitting

Toilet transfer using a commode chair is just like using a regular armchair

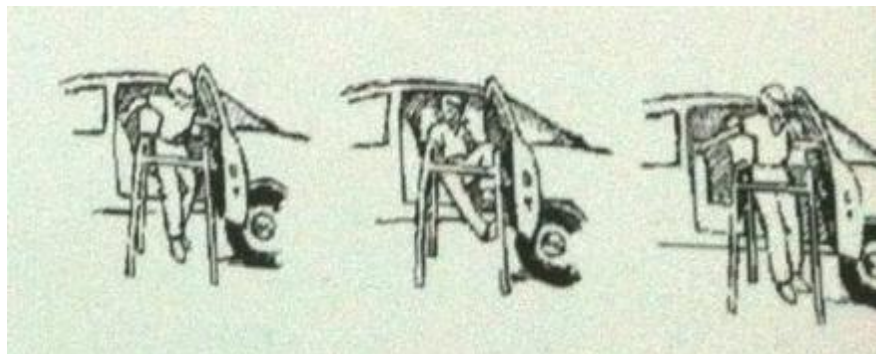


POST OP DAY 6

1. Continue same exercises

2. Riding in a car

- If patient lives locally, in closer vicinity, can sit in front seat of the car. If lives in distant place, can sit in back seat of the car, keeping legs straight
- Move the seat all the way back and recline it
- Turn to bring one leg at a time into the car
- Elevate your car seat with cushions



FROM 2ND WEEK ONWARDS TILL 5TH WEEK

1. Follow same exercise regimen with increase in number of repetitions and hold time
2. Start walking with the help of stick ONLY after advice of your Doctor or Physiotherapist 3rd or 4th week



Do's

- Do exercises thrice daily, once with physiotherapist and twice with family
- Buy adjustable walker and commode chair
- Take ice packs 3-4 times in a day, atleast for 15 minutes
- Take bath after 3 days of staple removal
- A shower stool in a chair may be helpful during bath

Dont's

- Climb up stairs till advised
- Massage, hot fomentation, drive any vehicle unless instructed
- Remove brace (if advised) kindly keep them on till further follow-up instructions
- Sit on the floor
- Sit cross-legged
- Scratch wound site

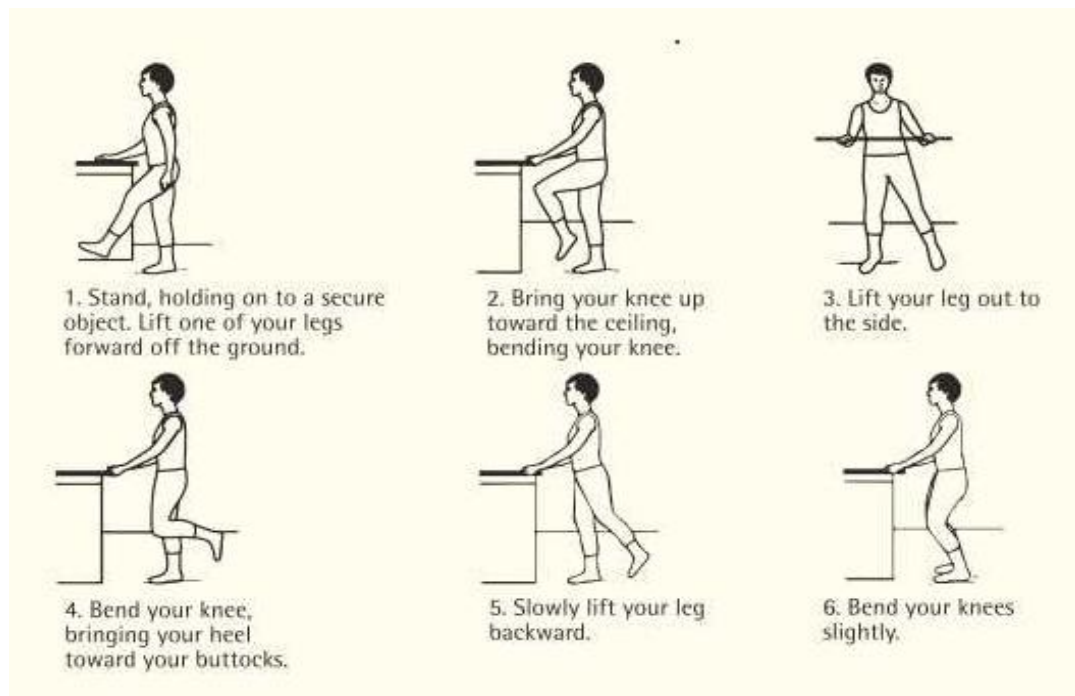
PRECAUTIONS FOR FIRST 6 WEEKS



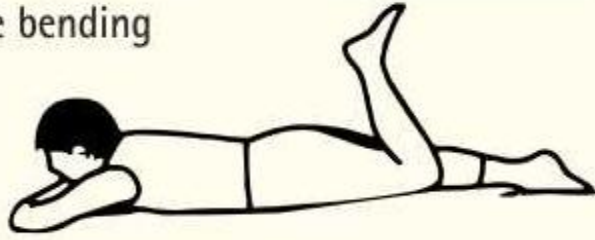
FROM 5TH WEEK ONWARDS

1. Standing exercises

Do the following standing exercises only after instruction of physiotherapist or doctor



Prone knee bending



2. Lie on your stomach and bend your knee as far as possible. Hold it for 10 seconds
3. Cycling

