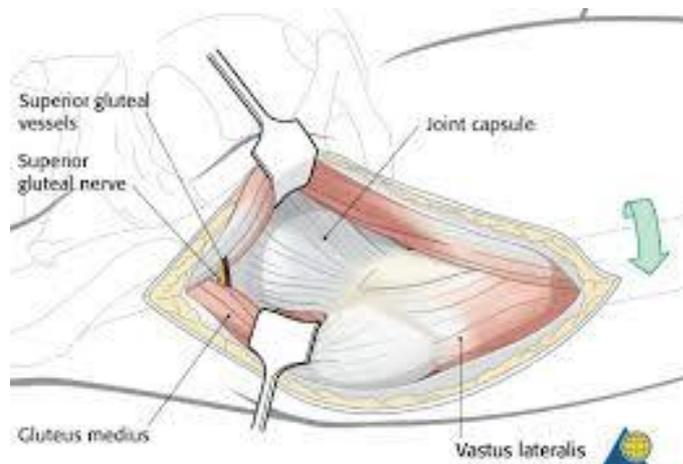


## Physiotherapy (Orthopaedics): Rugby St Cross

# Open Hip Debridement



This information is for patients following an Open Hip Debridement. This is surgery to access the areas in the hip joint that are inaccessible by key-hole surgery. It involves the reshaping of the ball and / or the socket of the hip joint.

### What to expect afterwards

#### Pain and swelling

This procedure may cause you to feel very sore and you will be given pain relief as required. It is important however, that your hip joint starts to move again as soon as possible. You may therefore, be placed on a machine that moves your hip for you on your return from theatre. Pain relief should be continued after you are discharged home. When at home wrap frozen



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peas or crushed ice in a dry cloth and place on your hip for up to 20 minutes, leaving at least 1 hour between applications.

### Wound

You will have a scar over the outer edge of your thigh close to your hip. You may or may not have stitches that will need removing. If required, you will be given instructions about getting your stitches removed in 10 days at your GP practice

### Exercises

The success of your operation will often depend on the amount of effort that you are prepared to put into your rehabilitation.

Although your hip may feel sore after the operation it is vital that you start completing the exercises in order to build up the muscles around your hip, and to regain the range of movement of your hip after surgery.

Before being discharged you will be seen by a physiotherapist who will explain the exercises you need to do.

It is essential you do the recommended exercises **4 times per day** or you may not make a full recovery. You may experience some discomfort whilst completing the exercises, this is normal.

#### Deep breathing exercises

Take a deep breath in through your nose, hold for a couple of seconds and then breathe out through your mouth. **Complete these 3 times every hour.**

#### Foot and ankle exercises

Pump your ankles up and down fairly briskly for 10 seconds. Then complete circles one way for 10 seconds, and circle the other way for 10 seconds. **Complete these hourly.**

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### Static gluteal contractions

Squeeze your buttocks together and hold for 5 seconds. **Repeat 5 times.** This exercise helps to improve the circulation around your hip and improve hip movement whilst walking.

### Static quadriceps

Lie on your back with your knee straight. Point your toes up towards you, and try to push your knee down firmly into the bed. Hold for 10 seconds. **Repeat 10 times**



### Static hamstrings

Lie on your back with your knee slightly bent. Push down firmly into the bed with your heel. Hold for 10 seconds. **Repeat 10 times.**



### Range of movement exercises

Lie or sit on the bed. Place a plastic bag under your heel. Aim to bend your knee by bringing your heel up towards your hip. **Repeat 10 times.**



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### Internal rotation

Either:

Lying on your back, get someone to roll your leg inwards towards the opposite leg (so the knee cap moves from pointing upwards to pointing inwards). Be careful with this movement as it can feel sore to start with. Gently build up the amount of movement.

Or:

Sitting on a chair with your operated leg outstretched, roll your foot inwards towards the opposite leg. Again be careful with the movement as it can feel sore. Gently build up the amount of movement. **Repeat 10 times.**



### Uninvolved knee to chest

While lying on your back and keeping your operated leg flat on the bed, pull your **non-operated** leg towards your chest, you will feel the stretch on the front of your thigh. Hold for 20-30 seconds. **Repeat 2-3 times.**



### Mobilisation

The amount of weight that you are able to put on your operated leg will be decided by your surgeon. Your Physiotherapist will go through walking with the aid of elbow crutches, at the limit set by your surgeon. It is usual to use the crutches for at least 6 weeks.

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### Discharge

You will usually be able to go home two-three days after your operation. You will need to arrange for someone to drive you home.

**Physiotherapy is essential after the operation and you will be contacted with an urgent outpatient physiotherapy appointment after your discharge. If you have not heard from outpatient physiotherapy within 1 week please contact the department.**

If you have any concerns about your wounds between therapy appointments please contact the hospital.

### Further Information

**If you have any queries or concerns please contact:**

Rugby Physiotherapy Orthopaedic Department Telephone: 01788 663054

University Hospital Coventry and Warwickshire Telephone: 024 7696 6013

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact and we will do our best to meet your needs.

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