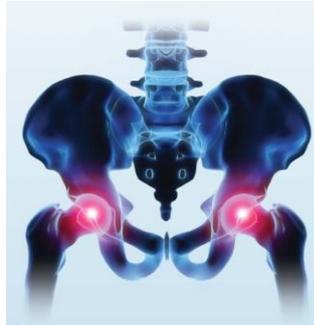


Rugby St Cross: Orthopaedic Physiotherapy

Hip replacement exercises



Hip Replacement

Hip replacement is performed for severe arthritis of the hip causing disabling pain. Although there are different types of hip replacement, all provide new surfaces for the ball and socket. This can be achieved by resurfacing the ball, or replacing the ball. Both methods include a new socket.

What to expect afterwards

To get the best result from your surgery you will need to closely follow the advice of your therapists and nurses.

Your stay in hospital will be between one to three days and you will need to use crutches for the first few weeks after surgery.

After your hip replacement you will have to take extra care whilst moving around for the first few months.

Pain

Patients' experience of pain varies a great deal. It is essential that you have regular and adequate analgesia (pain relief) so that you can begin to move and gain control of your operated limb. Let the nursing staff know how you feel as they can vary your dosage, change analgesics and give anti sickness medication.



Precautions

The following precautions should be taken during the six week healing period following your procedure.

Do not:

- bend your hip to more than 90°
- cross your legs
- roll or lie on your un-operated side
- twist your upper body when standing
- swivel on your feet when turning

Exercises

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

The exercises might be quite hard initially and a little sore, but it is vital that you maintain the range of movement in your hip and the strength in the muscles around the hip and knee, especially the quadriceps.

On the first day after your surgery you should be seen by a physiotherapist to teach you these exercises and get you up and walking.

Deep Breathing Exercises

Take a deep breath in through your nose, hold for a couple of seconds, sniff, and then breathe out through your mouth; do this 3 times every 30 minutes. This exercise helps to maintain a clear and healthy chest. Your chest is more susceptible to infection after an operation due to sleepiness and prolonged lying

Foot and Ankle Exercises

Pump your ankles up and down fairly briskly for 10 seconds. Then complete circles one way for 10 seconds, and circles the other way for 10 seconds. **Complete every 30 minutes.**

This exercise improves the circulation in the legs, helping to prevent blood clots, reduce swelling and encourage the return of sensation

Static Gluteal Contractions

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.

Knee bracing (Static Quadriceps)

Lying down or slightly reclined, bend your ankles by pulling your toes towards your face. At the same time brace the knee into the bed so that it is straight. Imagine that you are trying to squash a tennis ball under your knee. Hold for 10 seconds and repeat 10 times. After the operation it is best to do this every hour.



This exercise helps you regain control of your knee ready for standing and walking.

Knee Extension (Inner Range Quadriceps)

Lying down on the bed with a rolled up blanket under your knee so that it rests in a bent position, lift your foot off the bed whilst keeping your thigh on the blanket; straighten your knee maximally. Hold for 5 seconds and repeat 10 times.



This exercise strengthens your thigh muscles in preparation for steps and stairs. The thigh muscles provide stability from the front of your knee

Patient Information

Sliding board exercises (You could use a plastic bag or tea tray at home)

a. With a sliding board under the operated leg and a 'donut' under the heel, slide your foot slowly up and down the board. Work to bend your hip and knee, bringing your foot closer to your body. **Do not bend your hip more than 90 degrees.** Repeat 10 times.



b. With the sliding board in position, slide your leg gently out to the side until you feel a stretch in your groin, then return to start position **but do not cross midline.** Repeat 10 times.



These exercises help to increase the range of movement in your new hip joint.

All of the exercises are designed to aid your rehabilitation and to help you to lead as normal a life as possible after your surgery.

You will probably be well enough to start getting out of bed on the day of your operation. At this point you will be guided by a member of the team, and use a walking frame initially.

Daily activities

You should try and have regular walks on even ground, initially for short distances, and should avoid standing for long periods.

Patient Information

When going upstairs put your **non-operated** leg up first. When going downstairs put your **operated** leg down first.

You will not routinely have follow up physiotherapy. When you feel more comfortable from around 2 weeks you can progress yourself to the Further Exercises on pages 13-16 of your booklet. These exercises will help you to build up the muscles around your hip, and improve your walking pattern.

Approximately six weeks after your operation, your consultant will assess your progress. This is an opportunity to have your questions answered and to discuss your safe return to normal activities.

If you have any queries or concerns please contact:

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