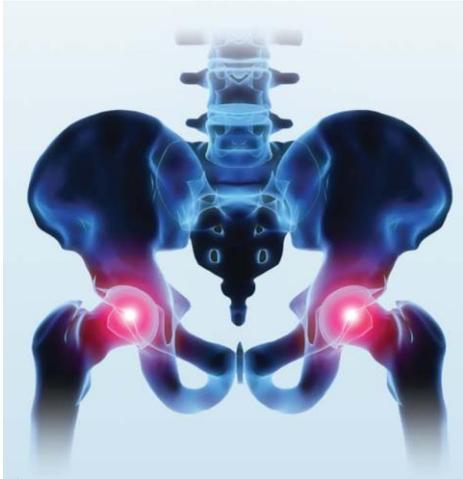


## Orthopaedic Physiotherapy Department

# Total Hip Replacement Following Trauma



**This advice sheet is for patients who have had a Total Hip Replacement (THR) following a trauma.**

Your consultant will have chosen to replace your hip as the most suitable option following the trauma.

### **What to expect after surgery**

#### **Pain**

You will experience some pain after the operation. It is important for this to be controlled with medication. Speak to the nursing staff to ensure you have enough pain control. They can also provide anti-sickness medication should it be necessary.

#### **Precautions**

With a new hip the following precautions should be taken during the six week healing period following your surgery.

#### **Do not:**

- **Bend** your hip to more than 90°
- **Cross** your legs
- **Roll** or **lie** on the unoperated side



## Patient Information

- **Twist** your body in lying, standing or sitting
- **Swivel** on your feet when turning
- **Bend** down to pick up something from the floor when sitting or standing

### Exercise

On the first day after your surgery you will be seen by a physiotherapist who will teach you exercises and get you up and walking. To get the best result from your surgery you will need to closely follow the advice of your therapists and nurses. You may need to use a zimmer frame or walking aid both in the hospital and at home for the first few weeks after surgery.

### Progress

The length of your stay in hospital will depend on your progress. Once you are medically fit you may be able to return home with support. If the therapy team feel further rehabilitation is appropriate you may be transferred to our sister hospital, Rugby St Cross or alternatively one of the bedded units available in the community.

### Discharge

On discharge from hospital you will be given:

- Your medication to take home
- A letter advising you of when your next clinic appointment will be
- Advice about where and when to have your stitches or clips removed
- Your GP will receive notification of your operation and discharge from hospital

### Exercises

The exercises might be quite hard initially and you may feel 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 thigh muscles (quadriceps).

### Breathing Exercises

Take a deep breath in through your nose. Your stomach should rise out. Breathe out through your mouth. **Repeat 3 times, every 30 minutes**

### Ankle Exercises

Lying on the bed with your heels free. Move your ankles briskly by pointing your feet up and down and circling them. Do this for 10 seconds. **Repeat every 30 minutes**

## Patient Information

### Static Gluts

Squeeze your buttocks together and hold for 5 seconds then relax. **Repeat 5 times**

### Static Quadriceps

Sit with your leg extended. Pull your toes towards you and push your knee firmly against the bed. Hold for 10 seconds then relax. **Repeat every 30 minutes.**



### 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 and hold for 5 seconds. **Repeat 10 times, 3 times daily.**



### Slide Exercises

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.**



b) With the sliding board in position, slide your leg gently out to the side and back.

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

## Patient Information

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

University Hospital Trauma & Orthopaedic Therapy Office 024 7696 5106

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

The Trust operates a smoke free policy

<b>Document History</b>	
Department:	Physiotherapy
Contact:	25046
Updated:	October 2020
Review:	October 2022
Version:	3.1
Reference:	HIC/LFT/1818/14