

Physiotherapy

Open hip debridement

This is information for patients who have had an open hip debridement.

Open hip debridement is surgery. This surgery helps us to access areas in your hip joint that we cannot access with key-hole surgery. Parts of your hip joint called a ball and socket are reshaped during surgery.

After surgery

Pain and swelling

You may feel very sore after surgery. You will be given pain relief when you need it. It is important that your hip joint starts to move again as soon as possible. This means that you may be supported with a machine that moves your hip after surgery.

You should continue pain relief when you go home. When at home, wrap frozen peas or crushed ice in a dry cloth and place on your hip for up to 20 minutes. Leave at least 1 hour between each time you do this.

Wound

You will have a scar over the outer edge of your thigh, close to your hip. You may have stitches that will need removing. You will be given



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instructions about having your stitches removed if needed. You will have your stitches removed in 10 days at your GP practice.

Exercises

The success of your surgery can depend on the effort that you commit to rehabilitation. You will be seen by a physiotherapist before you go home. They will explain the exercises that you need to do.

Your hip may feel sore after the operation, but it is vital that you start doing the exercises we give you. The exercises help you to build-up muscles around your hip and get back your range of movement after surgery.

It is essential that you do the exercises 4-times-per-day, or you may not make a full recovery. It is normal if you experience some discomfort while doing the exercises.

Deep breathing exercises

Take a deep breath in through your nose, hold for a couple of seconds and then breathe out through your mouth. **Do 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 then circle the other way for 10 seconds. **Do these hourly.**

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. **Do these 4 times a day.**

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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. Do these 4 times a day.**



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. Do these 4 times a day.**



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. Do these 4 times a day.**



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Internal rotation

Do one of these internal rotation exercises.

Lying on your back, get someone to roll your leg inwards towards the opposite leg, so the kneecap 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. Be careful with this movement as it can feel sore. Gently build up the amount of movement. **Repeat 10 times. Do these 4 times a day.**



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 to 30 seconds. **Repeat 2 to 3 times. Do these 4 times a day.**



Mobilisation

Your surgeon will decide the amount of weight that you can put on your recovering leg. Your physiotherapist will show you how to walk with elbow crutches at the limit set by your surgeon. It is normal to use the crutches for at least 6 weeks.

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Discharge

You will usually be able to go home 2 to 3 days after your surgery. You will need to arrange for someone to drive you home.

Important: outpatient physiotherapy appointment

We will contact you with an urgent outpatient physiotherapy appointment after you go home.

Please contact the outpatient physiotherapy team if you are not contacted within 1 week. Our telephone number is 01788 663 054.

Concern about your wounds

Please contact the hospital if you have any concerns about your wounds between physiotherapy appointments.

Contact telephone numbers

If you have any questions or concerns, contact:

Rugby Physiotherapy Orthopaedic Department, telephone: 01788 663054

University Hospital Coventry, telephone: 024 7696 6013

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