

## Orthopaedic Physiotherapy

# Peri-acetabular osteotomy

This advice sheet is for patient following a peri-acetabular osteotomy. This surgery realigns the acetabulum (hip socket).

### What to expect afterwards

#### Pain

This procedure maybe 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, and you will be placed on a machine that moves your hip for you on your return from theatre. The pain relief should be continued after you are discharged home.

You may be given an ice pack which will help reduce swelling and/or pain. When at home, wrap frozen peas or crushed ice in a dry cloth and place on your hip for up to 20 minutes, leaving at least one hour between applications.

#### Wound

You will have a wound in your groin, usually with dissolvable stitches. You will also have a wound check at around 10 to 14 days in clinic to check that it is healing well.

#### Mobilisation

You will not be able to fully weight bear through the operated leg. Your Physiotherapist will go through mobilising, with the aid of elbow crutches, at the limit set by the surgeon. It is usual to be using crutches for 8 to 12 weeks post operation. Do not spend long periods standing up or walking.



## Patient Information

When you are resting spend some time lying flat to stretch the front of your hip.

### Exercises

The success of your operation will often depend on you following your rehabilitation guidelines.

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 advise you and explain the exercises you need to do.

Initially after surgery you may find it difficult to do the exercises due to pain. Do what you are able to as your pain allows and try to do a bit more each time until you can **complete these exercises 5 times a day**. Doing your exercises is essential to you making a full recovery.

#### Deep breathing exercises

Take a deep breath in through your nose, hold for a couple of seconds and then breathe out through your mouth.

**3 times hourly, until you are mobilising regularly.**

#### Foot and ankle exercises

Pump your ankles up and down briskly for 10 seconds. Then complete circles one way for 10 seconds and circles the other way for 10 seconds.

**Complete hourly.**

#### Static Gluteal Contractions

Squeeze your buttocks together and hold for 5 seconds. Repeat 5 to 10 times. This exercise helps to improve the circulation around your hip and improve hip movement whilst walking.

## Patient Information

### 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.

### Inner range quads



Place a rolled up towel under your knee, point your toes upwards and try to lift your heel off the bed, keeping the back of your knee in contact with the towel.

Hold 5 seconds repeat 5-10 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 the heel up towards your hip.

Repeat 10 times.

**Do not force this movement into pain but it is OK to push into discomfort and stiffness.**

## Patient Information

### Un-operated knee to chest



Lying on your back, pull your un-operated leg toward your chest keeping the operated leg flat on the bed to feel the stretch in the front of your operated hip.

Hold for 20 seconds. Repeat 2 to 3 times.

If any of these exercises cause a sharp pain which does not settle quickly then rest for 24 to 48 hours before restarting them again gently. In the meantime, continue to move around regularly to prevent your hip getting stiff.

### Up stairs

Go up with your un-operated leg first, then your operated leg then the crutch(es) last.

### Downstairs

Go down with the crutch(es) first, then your operated leg, and the un-operated leg down last.

### Discharge

You will usually be able to go home when you feel ready. This is usually 1 to 3 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.

## Patient Information

If you have not heard from outpatient physiotherapy within 2 weeks, please contact the department.

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

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 01788 663054 and we will do our best to meet your needs.

## Contacts

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

Rugby Physiotherapy Orthopaedic Department Telephone: 01788 663054

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The images were taken at the Trust.

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### Document History

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