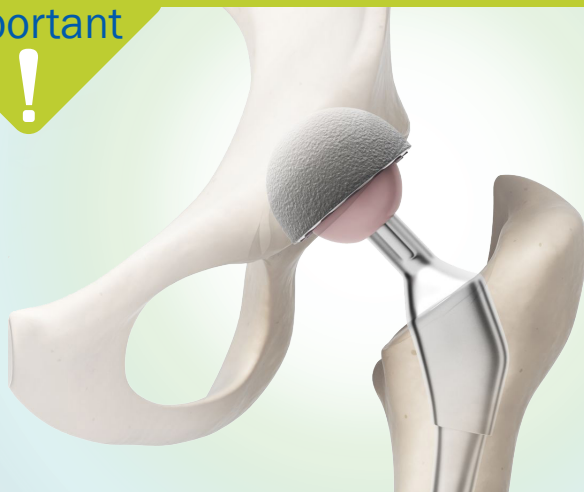


Partial or Full Hip Replacement Surgery

Important



Affiliated to the Rappaport Faculty of Medicine ▼ Technion-Haifa, Israel

Greetings!

After you have undergone hip replacement surgery, and in preparation for your release from the hospital, the physiotherapy department of Laniado Hospital is pleased to present you with this instruction brochure, in order to ease the rehabilitation process and prevent possible complications. Please follow the instructions in order to ensure the success of the operation. We wish you a speedy and full recovery.

Note:

If any of the following symptoms appear, contact the surgeon immediately:

- ▼ Severe and sudden pain, and inability to move your leg, or unnatural position of the leg.
- ▼ Unusual swelling or redness.
- ▼ High fever.
- ▼ Secretions from the operated area.

It is important to realize that during the period after the operation, you may feel pain in the operated area, but it will gradually decrease. You may use pain relievers that the doctor will prescribe.

It is very important to follow the department nurses' instructions for taking the medications and/or shots.

In order to ensure success of the operation and to prevent detachment of the head of the artificial hip, you must avoid three movements:

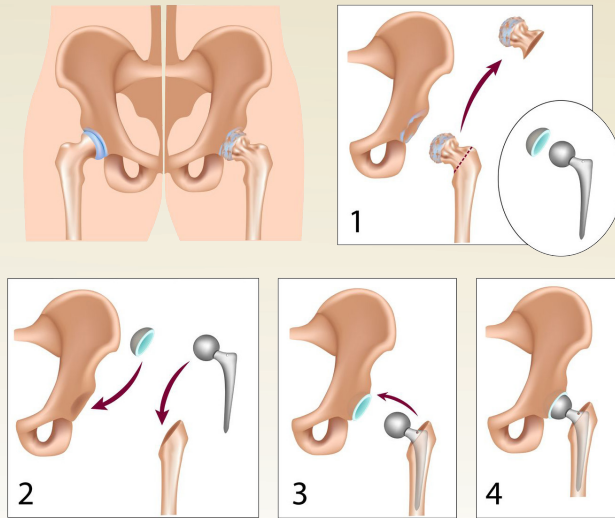
1. Over-bending of the hip joint.
2. Moving the operated leg across your mid-line toward the non-operated leg. This means do not cross your legs.
3. Turning the foot outward (or the knee).

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This instruction brochure will assist you in preventing these movements in daily life.

* In this brochure, the operated leg is marked with dotted lines.

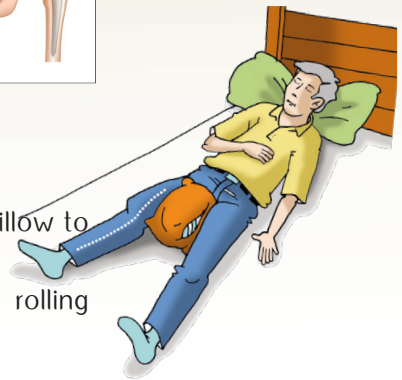
Operation Procedure:



Lying Down

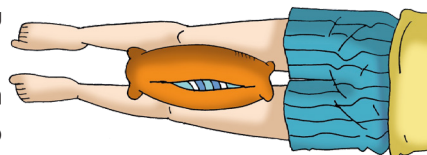
Lying on your back

- ✔ Keep your legs spread apart, using a pillow to separate them.
- ✔ Try to keep the operated leg from rolling outward



Lying on Your Side

- ✔ For the first six weeks following the operation, lie only on the non-operated side. After this period, you may lie on the operated side.
- ✔ Place a pillow or two between your legs in order to keep them spread apart.



Getting Into and Out of Bed

Try to use a firm mattress that will ease movement in bed. Avoid a low bed. There are special devices for raising the bed, which you can obtain at Yad Sarah.

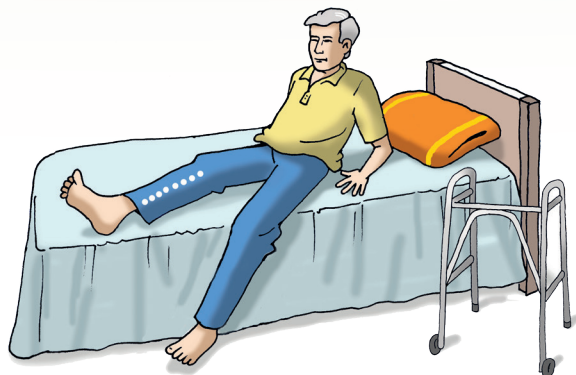
Getting Into Bed

Getting into bed is done from the operated side, leading with the operated leg.

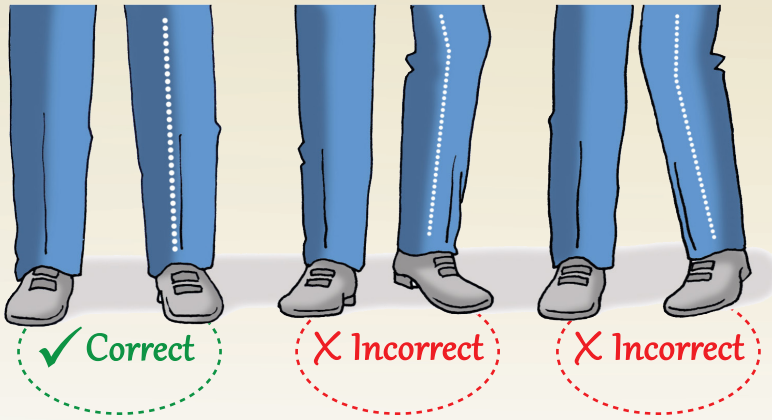
- ▼ Sit on the edge of the bed.
- ▼ Lean on your elbow and slide your buttocks backwards so that the operated leg lifts onto the bed first. Lie on your back, not on your side. Try to move your body in one piece, and keep your legs spread apart.

Getting Out of Bed

- ▼ Get up from the bed beginning with the non-operated side. This gives greater support to the operated leg.
- ▼ 2. Straighten the operated leg out in front of you before you stand.
- ▼ With one hand, use the bed for support, and with the other, grasp the center of the walker. Rise to a standing position. Keep your legs spread while rising.

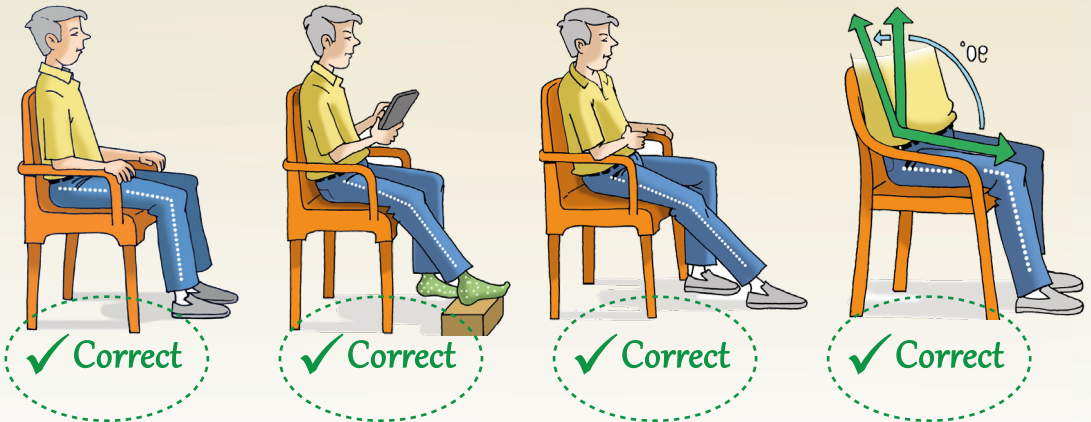


Standing

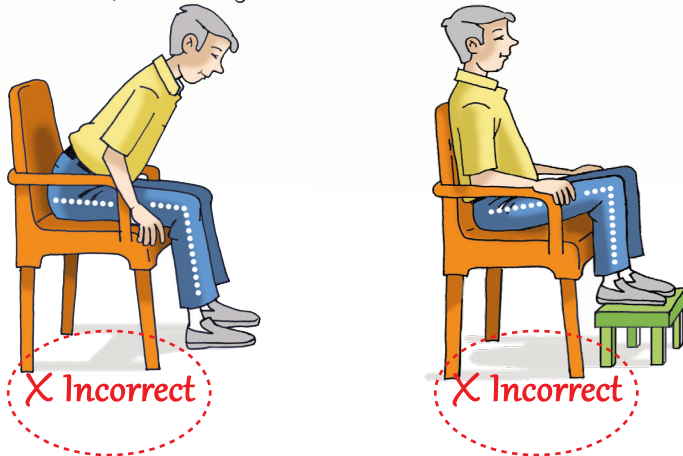


Sitting

- ▼ Maintain an angle greater than 90° between hip and back.



- ▼ In the sitting positions above, the hip is bent more than it should be, at an angle smaller than 90° .



- ▼ These sitting positions are not allowed because the legs are too close together and the hip is turned outward.



X Incorrect



X Incorrect

Socks & Shoes

You can borrow equipment to help you put on your shoes and socks, so that you will not have to bend forward.



✓ Correct

From Sitting to Standing / Standing to Sitting

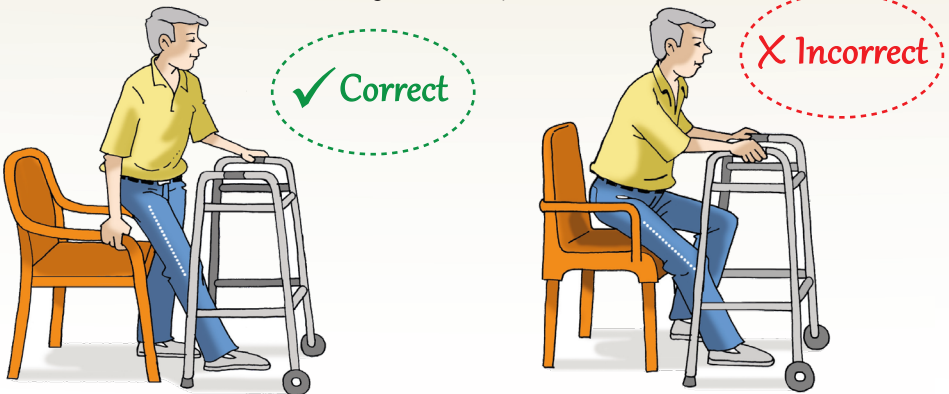
Use a sofa or chair with armrests, one that is high enough to avoid overly bending the hip.

You may raise the seat using pillows or by installing a riser under the chair legs (obtainable from Yad Sarah).

To Stand

- ▼ Push the operated leg forward.
- ▼ Slide the buttocks forward on the chair.
- ▼ Tightly grasp the armrests with your hands.
- ▼ Rise, holding your back straight and the non-operated leg bent and pushing down towards the floor in order to stand.

Important: Do not lean on the walker in order to stand up. Leaning forward causes over-bending of the hip.

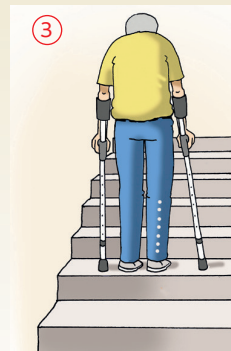


To Sit

- ▼ Approach the chair until you feel contact between the chair and the backs of your knees.
- ▼ With one hand, grasp the center of the walker, and with the other, grab the chair armrest.
- ▼ Push the operated leg forward, and carefully sit down, without overly bending the hip.
- ▼ Slide the pelvis back until it touches the chair backrest.

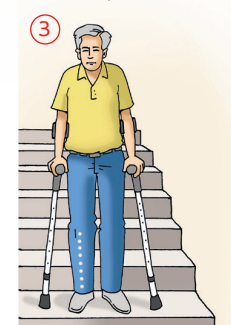
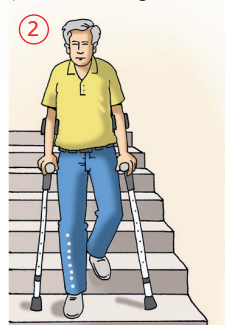
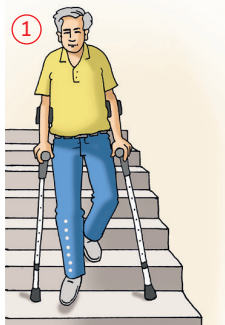
Going upstairs with crutches

- ▼ Maintain crutches/walking stick on the step below.
- ▼ Lead with the unoperated (good) leg up onto the step above.
- ▼ Take your weight onto the unoperated leg by pushing on crutches/walking stick.
- ▼ Step up with operated leg.



Going downstairs with crutches

- ▼ Put crutch/walking stick down onto the step below.
- ▼ Follow with the operated leg.
- ▼ Take weight onto the operated leg using the crutches for support.
- ▼ Follow with the unoperated leg onto the same step.



Hint: The good leg goes up the stairs first and bad leg goes down the stairs first.

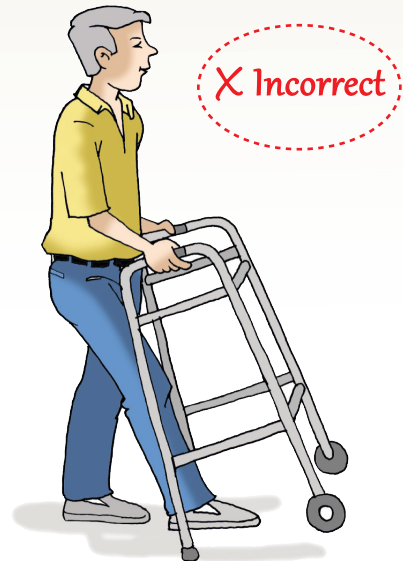
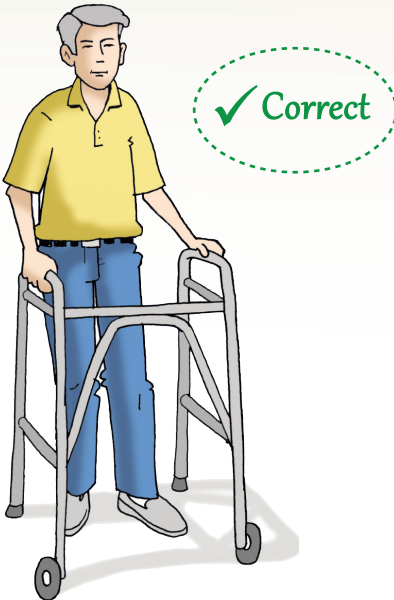
Using the Walker

Keep your back straight. Stand in the center of the walker, and parallel to it.

Place weight on the operated leg as the surgeon has instructed. Progress following his instructions.

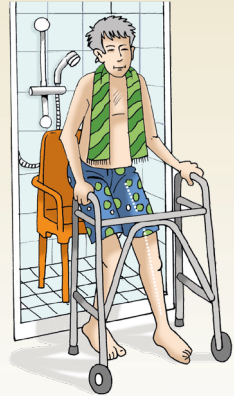
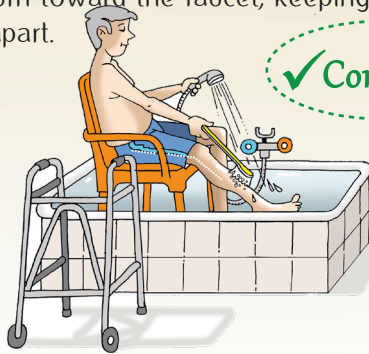
Walking

- ▼ Move the walker forward.
- ▼ Step forward with the operated foot first.
- ▼ Lean on the walker and step forward on the non-operated leg.
- ▼ Walk only with all four legs of the walker placed firmly on the ground.
- ▼ When turning, turn toward the non-operated side, use small steps in order to keep the legs apart.



In the Shower

- ▼ It is very important to sit on a chair in the shower and in the bathtub.
- ▼ Stand with your back to the chair and approach the chair. With one hand, grasp the chair, and with the other, the walker. Sit with the operated leg stretched out forward, legs spread apart.
- ▼ Slowly turn toward the faucet, keeping your legs spread apart.



In the Bathroom

You need to use a piece of equipment to raise the toilet seat in order to prevent over-bending of the hip. You can borrow this equipment from Yad Sarah or a similar organization

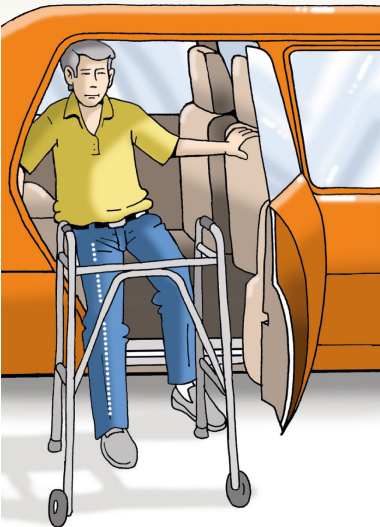


✓ Correct ✓

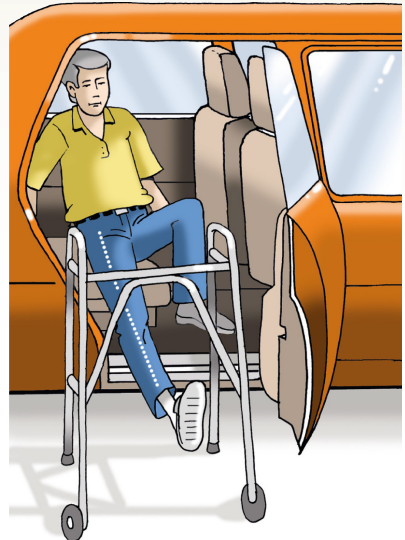


In the Car

- ▼ Driving is permitted only after three months have passed and with the permission of the surgeon.
- ▼ While you are still a passenger, enter the back seat of the car.
- ▼ Rest the operated leg on the seat so that you are in a half-lying down position.
- ▼ Getting in the car
 - If the left leg is the operated one, enter from the driver's side.
 - Stand with your back to the car. Lower yourself slowly and lean on your hands with the operated leg stretched in front of you.
 - Push yourself backward to a half-lying down position.
 - Keep your legs apart.



✓ Correct ✓

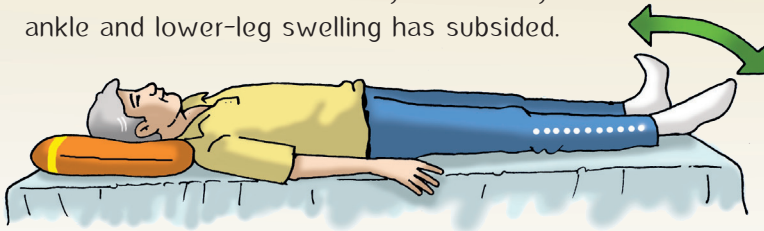


Exercises Following Hip Replacement Surgery

Exercise 1: Ankle Pumps

This exercise is performed on the bed.

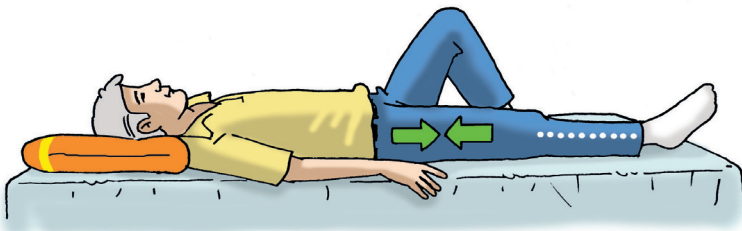
- ▼ Lie on your back.
- ▼ With your legs straight, bend your ankles up and down, towards and away from your face.
- ▼ Repeat 15 times.
- ▼ Continue this exercise until you are fully recovered and all ankle and lower-leg swelling has subsided.



Exercise 2: Quadriceps Exercise

This exercise is performed on the bed.

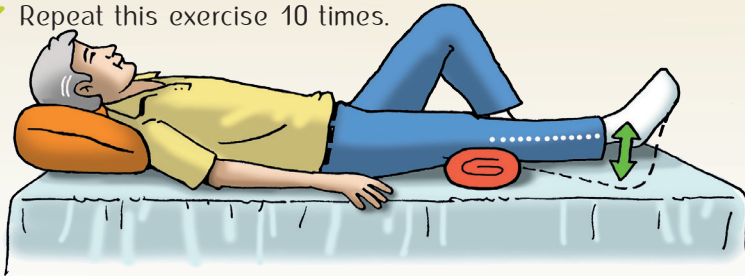
- ▼ Lie on your back.
- ▼ Tighten the thigh muscles so that the operated knee is pushed into the mattress.
- ▼ Make sure you are doing this exercise with the thigh muscles, not with the buttock muscles.
- ▼ Hold the leg in this position for a few seconds, and relax.
- ▼ Repeat this exercises 10-20 times each hour.



Exercise 3: Lower Leg Lift

This exercise is performed on the bed.

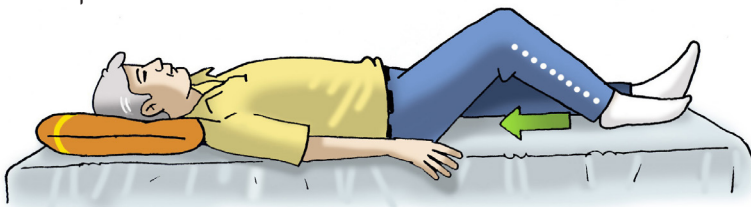
- ▼ Place a small pillow or rolled towel underneath the operated leg.
- ▼ Tense the thigh muscles until the knee is completely straight. Throughout the exercise, make sure that the back of your knee is touching the pillow/roll.
- ▼ Hold your leg in this position for a few seconds, and slowly lower.
- ▼ Repeat this exercise 10 times.



Exercise 4: Knee Bend

This exercise is performed on the bed.

- ▼ Lie on your back.
- ▼ Bend the operated leg so that the foot slides up the bed toward the buttocks.
- ▼ Straighten your leg by sliding your foot down the bed.
- ▼ Repeat this exercise 10 times.



Exercise 5: Straightening Knee While Sitting

This exercise is performed while sitting on a stable chair.

- ▼ Sit on a stable chair, back straight and leaning against the chair back, knees bent, feet on the floor.
- ▼ Straighten your operated knee so that the lower leg forms one line with the thigh.
- ▼ Hold your leg in this position for several seconds.
- ▼ Slower lower your leg to the floor.
- ▼ Repeat this exercise 10 times.



The physiotherapy staff is pleased to answer any questions regarding the rehabilitation process. Wishing you a speedy rehabilitation and good health.

The physiotherapy staff, Laniado Hospital.

Tel: 09-860-9114

Fax: 09-860-9116

web: www.laniado.org.il

This brochure was written by the Department of Physiotherapy at Laniado Hospital



Affiliated to the Rappaport Faculty of Medicine | Technion-Haifa, Israel

ntuvia@laniado.org.il

09-860-91-14

www.laniado.org.il | 09-860-46-66 | Divrei Chaim st. 16 , Netanya, Israel