

Physical Therapy

Day of Surgery:

- Simple exercises in your hospital bed on your own, attempt to lift your leg and move it about in the bed.

First Day after Surgery:

- Exercise and range of motion.
- Get up and move to the chair.
- Walk with a walker if you are able.

Two and Three Days after Surgery:

- Continue your exercise and working on range of motion.
- Continue walking with a walker.
- Sit up in a chair for all meals and keep walking throughout the day with the nursing staff, or alone if the therapist thinks you are able to do it safely.
- Practice walking up and down stairs when you are ready with therapy.
- Needed equipment will be ordered by the therapist.
- We will let you go home to sleep in your own bed if you have passed all of your therapy goals, and you are medically stable. This is usually late in the day on the second day after your surgery, or around noon on your third day.
- Receive instructions before leaving the hospital.

Physical therapy is done according to your need and ability. We need you to help by doing your exercises, and walking and sitting up in the chair (with help if needed) each day.

Use of Hip

You will significantly reduce your pain and heal faster if you move and change your position often. Do your exercises regularly and get help with walking and getting into a chair.

Movement of the Joint

Motion of your joint is the key to a successful recovery. Work with your therapists and practice on your own.

It is very important to move as much as possible several times a day. Your therapist will work with you daily and you are responsible for doing this on your own as well.

Expectations for Your Progress

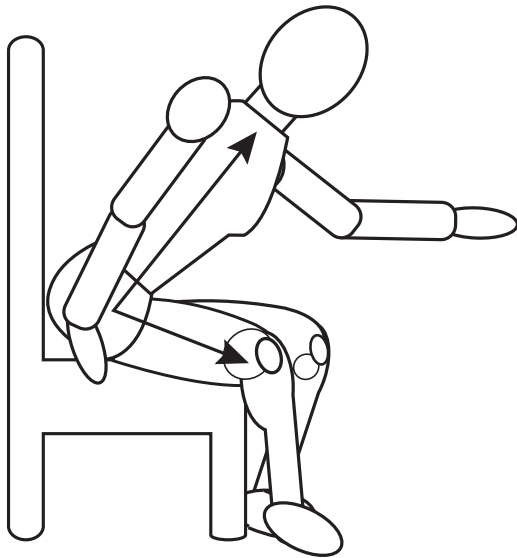
We expect you to do some of the exercises on your own on the day of your surgery and daily thereafter. It is important that your pain be controlled to get the most out of your therapy. Please help by letting your nurse know when you need additional pain medication.

Hip Precautions

After your surgery you will have a foam wedge between your legs to keep them separated. You will need to lie on your back for the first few days. There are certain hip precautions that you must follow:

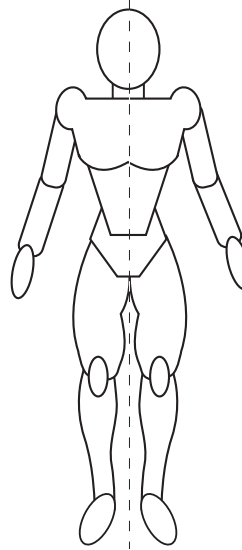
DON'T bend at your hip past 90 degrees. When sitting, **ALWAYS** keep your knees lower than your hips.

Incorrect

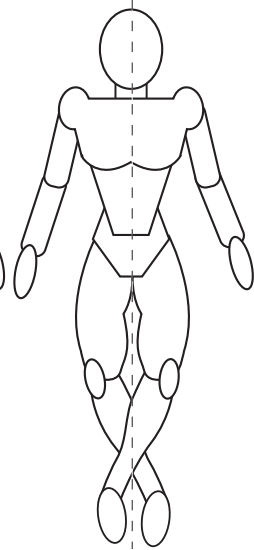


DON'T let your knee move inward past your navel

Correct

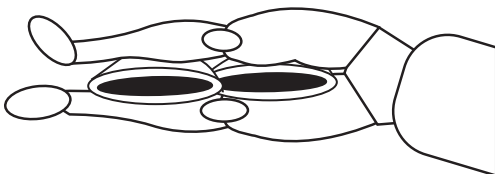


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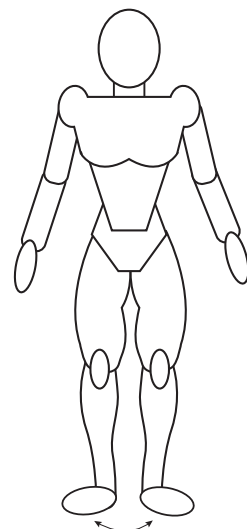
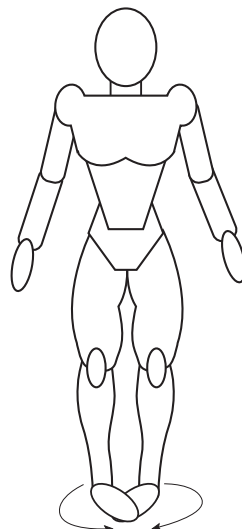
DO use pillows or your foam wedge between your legs at night to keep your hips properly aligned

Correct



DON'T turn your feet in or out

Incorrect



Physical Therapy After Your Joint Replacement

What sports and activities are allowed after surgery?

Walking, bicycling, bowling, golf, swimming, as well as others, are allowed after approval from your surgeon.

What activities are prohibited?

Running, jumping, and other high-impact activities are discouraged. Other vigorous activities may cause discomfort.

Will my hip feel different after surgery?

Yes. You may have a small area of tenderness around the scar that may persist for some time. This is not serious. Although most people walk without a limp after 3 or more months, in some a limp persists.

Is there anything “special” I should do to care for my hip joint?

You should maintain a healthy weight, good movement and strength, and avoid excessive stress on your joints. Together, these things will contribute to the long life of your new hip joint.

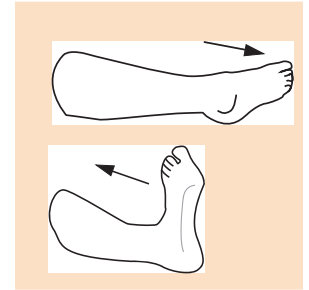
Will I activate metal detectors at the airport?

Maybe. This is common due to the sensitivity of the metal detectors. Many surgeons are able to give patients a card identifying them as having an artificial joint.

Ankle Pumps

To promote your circulation and maintain ankle movement.

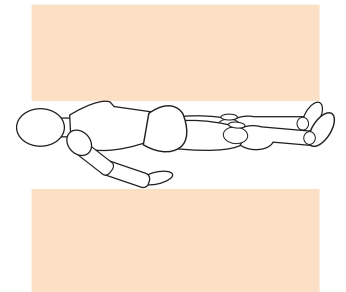
- Point foot down.
- Pull foot up.
- Repeat slowly 10 times, every 2-3 hours.



Gluteal Set

To increase your circulation and strengthen your pelvis.

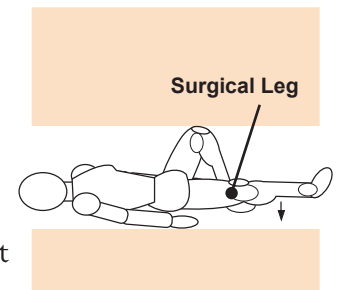
- Squeeze bottom together.
- Do not hold breath.
- Hold for 3 slow counts.
- Repeat 10 times, every 2-3 hours.

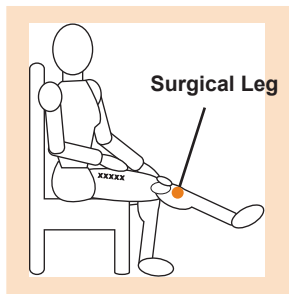


Quad Set

To strengthen your quadricep muscle and straighten your knee.

- Lie on back with surgical leg as straight as possible.
- Press surgical knee into bed, tightening muscle on front of thigh.
- Do not hold breath.
- Hold for 3 slow counts.
- Repeat 10 times, every 2-3 hours.

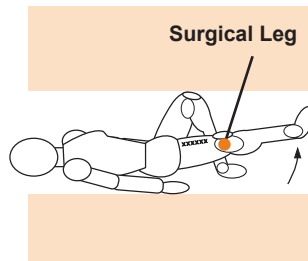




Long Arc Quad/ Knee Extension

To strengthen your quadriceps and increase knee extension.

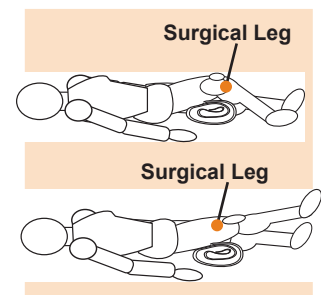
- Sit with back against chair.
- Straighten surgical knee.
- Hold 3 slow counts.
- Repeat 10 times, 2-3 times/day.



Straight Leg Raise

To strengthen your quadricep and hip flexor muscles.

- Lie on back.
- Non-surgical knee bent with foot flat.
- Lift surgical leg up 12-18 inches, keeping knee straight and toes pointed up.
- Hold 3 slow counts.
- Repeat 10 times, 2-3 times/day.



Short Arc Quads

To help straighten your knee and strengthen your quadriceps.

- Lie on back.
- Towel roll under surgical thigh.
- Lift foot by straightening knee and pushing thigh against towel.
- Do not raise thigh off towel.
- Hold 3 slow counts.
- Repeat 10 times, 2-3 times/day.

Half-Bridging

To strengthen your gluteal muscles (“walking muscles”) and improve your movement in and out of bed.

- Lie on back.
- Non-surgical knee bent with foot flat.
- Lift bottom straight up, do not rotate hips.
- Hold 3 slow counts.
- Repeat 10 times, 2-3 times/day.

Heel Slides

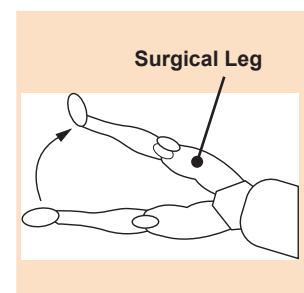
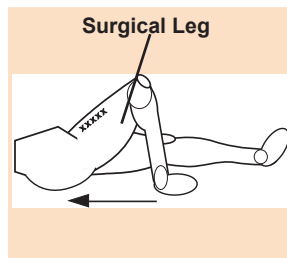
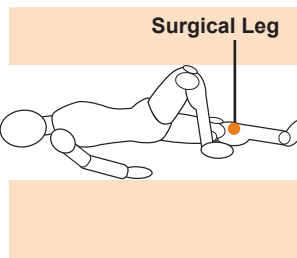
To increase movement of your knee and hip, and to strengthen hamstring and hip muscles.

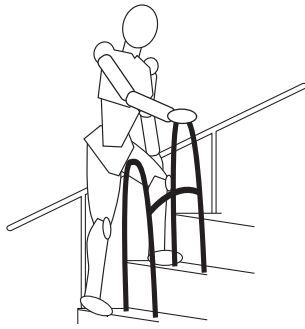
- Lie on back.
- Slowly bend surgical knee up, sliding heel toward bottom.
- Repeat 10 times, 2-3 times/day.

Hip Abduction Adduction

To strengthen your hip muscles, encourage hip movement, and increase your ease moving in and out of bed.

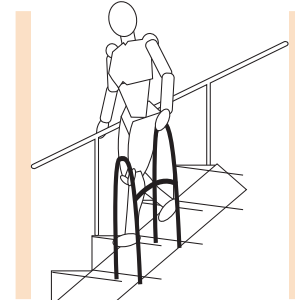
- Lie on back.
- Slowly slide surgical leg out to the side.
- Keep toes pointed up and knee straight.
- Return leg to midline.
- Repeat 10 times, 2-3 times/day.





Going Upstairs

- Grab the railing with one hand.
- Turn the walker sideways to the side without a rail, holding on to the forward most handgrip of the walker.
- Place the two forward most legs of the walker on the upper stair.
- Step up with the stronger leg first, using the walker and rail to support your weight.

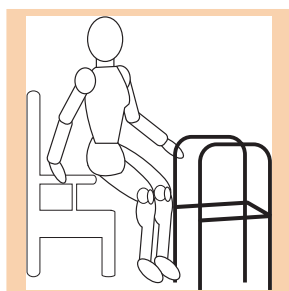


Going Downstairs

- Turn the walker sideways.
- Grasp the stair rail with one hand and the rear walker handgrip with the other.
- Place the two forward most legs of the walker on the next lower stair.
- Step down with the weak leg to the next lower stair, followed by your strong leg.
- If possible, have someone with you when using the stairs.

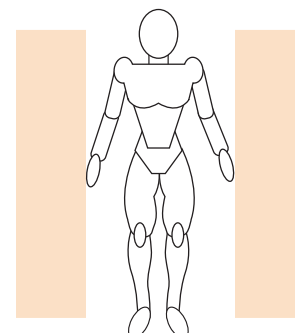
Sitting Down

- Using the walker, back up until your legs touch the chair.
- Reach back for the arms of the chair one hand at a time.
- Slowly lower onto the edge of the chair;
- Total hip patients may extend surgical leg in front of them to prevent excessive hip bending.



Standing up

- Using your arms, scoot to the edge of the chair.
- Always push up from the arms of the chair. **DO NOT PULL ON THE WALKER.**
- Once standing, hold onto the walker and bring your surgical leg underneath you.



Most patients who undergo joint replacement surgery return home three days after their operation. By working closely with your therapists and nurses, and by planning ahead of time, you can achieve this goal.

Your Goals during Physical Therapy

1. Maximize the movement of your knee (range of motion).
2. Increase your strength; work toward achieving an independent straight leg raise.
3. Demonstrate understanding and performance of the exercises in this booklet.
4. Safely and independently perform all bed movements and transfers from bed, chair and toilet.
5. Safely walk with your assistive device on level surfaces at least 25 feet and on stairs if necessary.

Going Home

- You may need someone to help you when you leave the hospital. Please arrange for this prior to surgery, if possible.
- Therapy after discharge will be arranged while you are in the hospital.
- If needed, your therapist can teach your family how to help you at home.
- Continue exercising two-three times per day.
- Your Physical Therapist will help determine your appropriate equipment needs and help you with ordering if necessary.
- Your doctor will determine when you can stop using your walker and begin driving again.

Safe Walker Use

- Make sure all 4 walker legs are down on the floor before taking a step.
- Step into the center of the walker with your weak leg first (unless otherwise recommended by your therapist). Advance your good leg, while pressing hands on walker.
- Be sure that your toes do not pass the front of the walker. This can cause you to lose your balance backwards.
- Your Physical Therapist will tell you when it is safe to walk alone.
- Do not walk quickly. It can be fatiguing and dangerous.
- Remove all throw rugs at home.
- Watch for wet or icy surfaces that may be slippery.
- Check your walker periodically for safety and stability (for example: walker tips wearing out, wobbly walker).

