



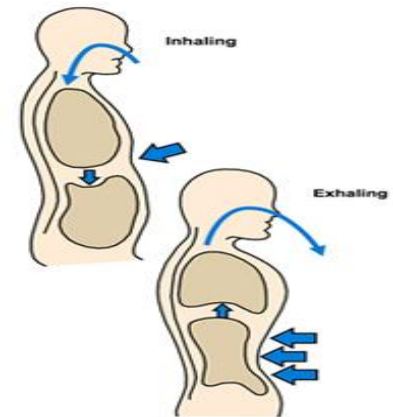
Allied Health - Anterior Total Hip Replacement Patient Information

1 Initial Bed Exercises – Day One following Operation

Deep Breathing Exercises

Breathe slowly in through your nose, hold for 3 seconds, and then breathe out slowly through your mouth.

Repeat 3 times, cough if necessary, EVERY HOUR



Ankle Pumps

Lying on your back or in sitting

Bend and straighten your ankles to feel your calf muscles tensing strongly

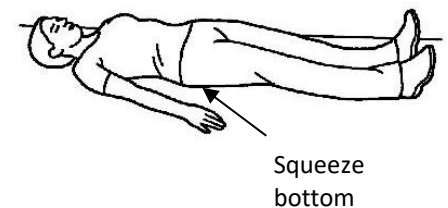
Repeat for 30 seconds at a time, EVERY HOUR



Static Glut Squeezes

Lie on a flat bed. Contract your bottom muscles. Hold for 3 seconds then relax x 5.

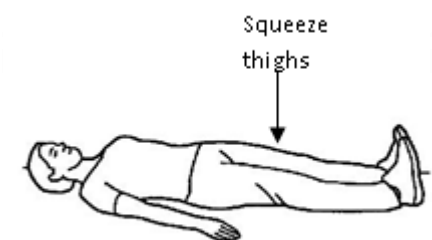
Repeat 5 times throughout day.



Static Thigh Squeezes

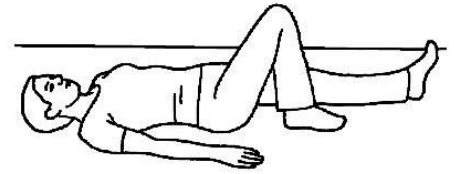
Lie on a flat bed. Contract your thigh muscles by pushing your knees into the bed. Hold for 3 seconds then relax x 5.

Repeat 5 times throughout day.



Hip Flexion

Lie on a flat bed. Bend and straighten your operated leg x 5.
 Repeat 5 times throughout day.



Lying Hip Abduction

Lie on a flat bed. With your toes pointing upwards, slide your operated leg out to the side and in again x 5.

Repeat 5 times throughout day



NB: for these two exercises, it can be helpful to have a slide sheet or something slippery under your operated leg.

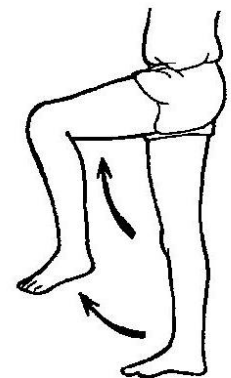
2 Ongoing Bed Exercises – Day Two Following Operation and Beyond

Hip/Knee Bends

Stand holding onto support. Lift your operated leg up as far as comfortable, bending at the hip. Keep your back straight and avoid "hitching" your pelvis.

Repeat 5 times every time you stand.

At home perform 10 repetitions 3 x daily.



Hip Extension/Abduction

Stand holding onto support. Turn your operated leg out (away from you) to a 45 degree angle. Lift your operated leg diagonally backwards.

It is only a small movement. Avoid leaning forwards or "hitching" your pelvis.

Repeat 5 times every time you stand.

At home perform 10 repetitions 3 x daily.



Hip Joint Stability

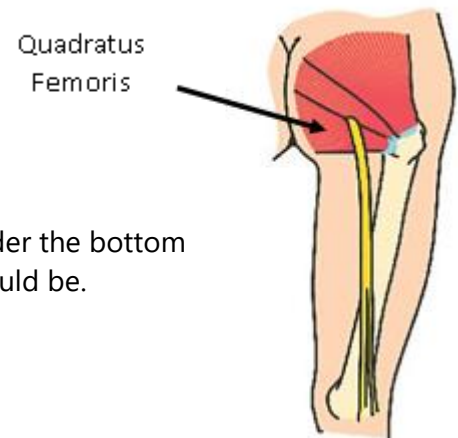
Stand up straight with equal weight on each foot.

Gently contract your lower buttock muscles feeling a tightening underneath your hand. Hold for 3 seconds then relax.

To feel this contraction you can place your hand on the muscle under the bottom cheek of your operated hip, roughly where your underwear line would be.

Repeat 5 times every time you stand.

At home perform 10 repetitions 3 x daily.



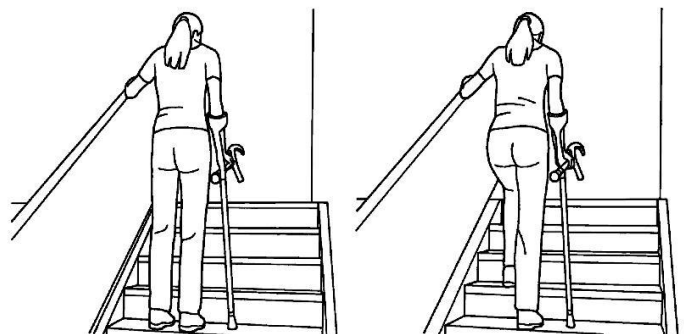
Stairs – Walking Up

Stand close to the bottom of the stairs; hold the hand-rail with one hand and your crutch with the other hand.

First, step up with your good leg, then your operated leg and finally bring your crutch up (all onto the same step).

Always do one step at a time.

(If you don't have a rail, the physio will show you how to climb stairs with two crutches).

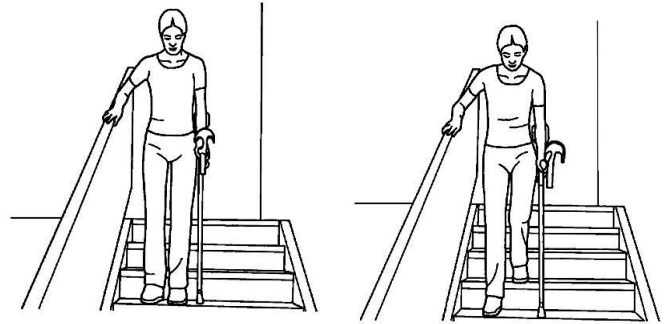


Stairs – Walking Down

Stand close to the edge of the top step; hold the hand-rail with one hand and your crutch with the other hand.

First, put your crutch down one step, then step down with your operated leg and then with your good leg (onto the same step).

Always do one step at a time.



3 Information for home

- Alternate activity every 20 minutes between standing/chores/walking, sitting and laying down.
- Continue to apply ice intermittently to your operated leg once home. To assist with swelling and pain relief ensure your operated leg is elevated above the level of your heart at least once a day for 1.5 – 2 hours.
- To prevent unnecessary load on the new hip joint, avoid low chairs and be cautious about how you get up and down out of them. When sitting, slowly lower yourself down in a controlled manner. You may feel that you need to put more weight through your non-operated leg during the first six weeks. When standing, move your bottom to the edge of the chair, using your hands, bottom, thigh muscles and weight through your heels to assist you.
- As a minimum, walk with two crutches for two weeks and then progress to one crutch for another two weeks. You can then walk without any gait aid as long as you are walking without a limp or pain.
- When progressing to one crutch, hold the crutch in the opposite hand to your operated leg. Ensure your operated leg and crutch move together.
- Aim for 3 longer walks per day starting with 50m or so then gradually increase this distance over time for the next 6 weeks.
- At home complete 10 repetitions of your exercises 3 times a day. Continue exercises until your 6 week review with your surgeon.
- If your muscles are sore or you have bruising, massaging Arnica Cream 2 – 3 times a day may assist with the reduction of bruising and pain.

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