

TOTAL HIP REPLACEMENT PROTOCOL

Postoperative Day 1

- Û Physiotherapist will teach you some bed exercises.
- Û You will be assisted to sit over the edge of bed and stand up with support on walking frame.
- Û If you feel well enough, you may ambulate with walking frame.

Postoperative Day 2-7

- Û You will continue and progress with exercises.
- Û Continue ambulation with increased walking distance, using walking frame or crutches for support
- Û Stairs climbing and gait training.

Postoperative Week 2

- Û Continue strengthening exercise.
- Û May wean off walking frame or crutches depending on patients' condition

TOTAL HIP REPLACEMENT PRECAUTIONS

It is important to follow the precautions noted as it is possible to dislocate your hip replacement.

1) Do not bend your hip joint more than 90 degrees



2) Do not turn your operated leg inwards or twist your body towards the operated side



3) Do not cross your operated leg across your body



*when side lying, **MUST** place a pillow in between knees*

How to perform daily activities with care of the operated hip?

1) Getting into a car

- ü Raise the seat with a moderately firmed cushion or foam.
- ü A wedge-shaped foam with the deeper towards the back support is more ideal.
- ü Lower yourself into the seat with you facing the open door.
- ü Gently move your legs into the car. (Remember that both of your leg should only get in the car after you have seated)
- ü To get out, reverse the procedure. ie., move your legs out of the car, pivot your bottom and get up.

2) Picking up object from the floor

- ü Figure 1- Support yourself with either hand. Move your operated leg backward and gently bend down.
- ü Figure 2- Kneel down with your non-operated leg in a lunged position and your operated hip straight with the knee on the floor.



Figure 1



Figure 2

3) Sitting / Sit-to-Stand

- ü If the seat is lower than your knee level, place a moderately-firmed cushion or foam to raise the seat height.
- ü While standing up from sitting position, keep the operated knee forward to prevent excessive bending of the hip.

4) Putting socks / shoes on

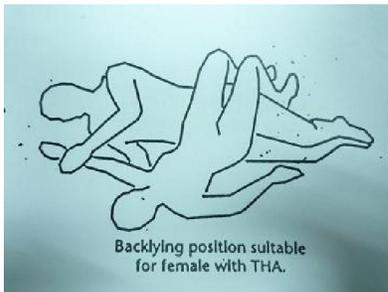
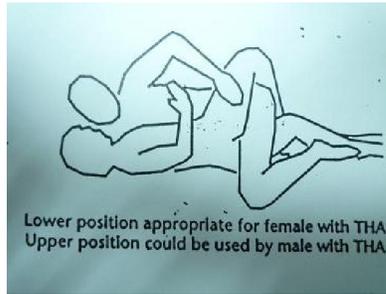
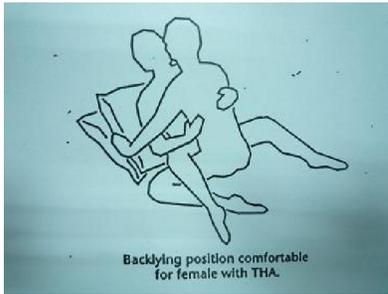
- ü Do not bend down to put your socks / shoes on.
- ü Do not put your feet up onto a stool / chair to put your socks / shoes on.
- ü Sitting down, bring your operated foot onto your non-operated knee and gently slide your socks / shoes on.



5) Getting out of bed

- ü Always get out of bed on the operated side.
- ü Use your hand to support you as you sit up, pivot your bottom and move your operated leg over the side of the bed followed by your non-operated leg.
- ü Shuffle your bottom to the bedside allowing your feet to touch the ground.
- ü Push up on your hands and non-operated leg to stand.

6) Sexual activities



It is safe to continue sexual relations with your partner at weeks, but must consider the hip precautions