



## SPECTRUM MEDICAL HOME INSTRUCTIONS

### **Total Hip Replacement Surgery/Posterior Approach**

**I. A. Walking:** Use walker/crutches until your doctor says you no longer need them (approximately 6-8 weeks). If allowed, make sure the foot does rest on the floor because it is less stressful to let it rest there than to hold it up.

**B. Steps:** Always go up with your stronger leg first followed by weaker leg, then assistive device. To go down: assistive device first, weaker leg, then stronger leg. If a railing is available to you, use it.

### **II. Positioning**

**A. Avoid prolonged sitting:** i.e., more than one-two hours at a time. Stand up, walk or lie down instead.

**B. Do not put a pillow under knee** while in bed or sitting.

**C. You are encouraged to lie flat on your back** in order to maintain flexibility of the hip muscles.

**D. Use abduction pillow between your legs:** - while you are in bed  
- in the car, or  
- when sitting and resting.

**E. You may lie on either side** with a regular pillow between your legs. If this is a revision surgery, use the abduction pillow.

**III. Swelling:** Some swelling of your hip and leg is normal but needs to be alleviated before optimum pain relief is felt. To prevent further swelling and to help decrease present swelling, do the following:

**A. Elevate your entire operated leg up on two pillows.**

**B. Do ankle pumps exercises.** The calf muscle acts like a second heart by pumping fluid out of your leg.

**C. Put ice packs on operated hip** (to make an ice pack, fill a plastic bag with ice, place a towel over hip and put ice over towel).

**D. Do not put any form of heat on your hip.** This includes creams such as Ben Gay, Icy Hot, etc.

**IV. Infection/Phlebitis:** Notify your doctor immediately if you notice the following symptoms:

**A. Different pain, redness, swelling and/or possible drainage** in the operated hip. This may also be accompanied by a fever. These are symptoms of infection in your new hip and should not be ignored.

**B. Redness, swelling, heat and tenderness** in your calf. This could be a sign of phlebitis (blood clots) and also should not be ignored.

**NOTE: It is imperative that you stay on bed rest with either of the above conditions until you have talked to your doctor.**

**V. Activities of Daily Living:** next 6-8 weeks.

- A.** Do not drive until given permission by your doctor.
- B.** Riding in a car is permitted as long as you stop every 1-2 hours to walk around for several minutes before resuming your ride.
- C.** Sitting: Avoid low chairs and sofas because it can be difficult to get out of them. Instead, sit on higher chair or chair with a firm pillow in it. A recliner would be more comfortable.
- D.** Getting in or out of the car carefully, make sure to recline and push your car seat back to avoid bending hips past 90 degrees.
- E.** Avoid gaining excessive weight. Try to maintain ideal weight.
- F.** Bathing-sitting in the bottom of the bathtub is forbidden. Take a shower or sponge bath instead.
- G.** Wear sturdy, comfortable walking shoes. Avoid high heeled shoes or slip on slippers.
- H.** Avoid squatting. If item is needed in lower cabinets or floor call for assistance or use “reacher”. Use “reacher” to pick up small items higher than your shoulders or lower than your knees.
- I.** When sitting or standing, always kick operated leg out in front to prevent excessive pressure in hip. Studies show a hip receives more pressure during sit and stand transfers than actual walking.

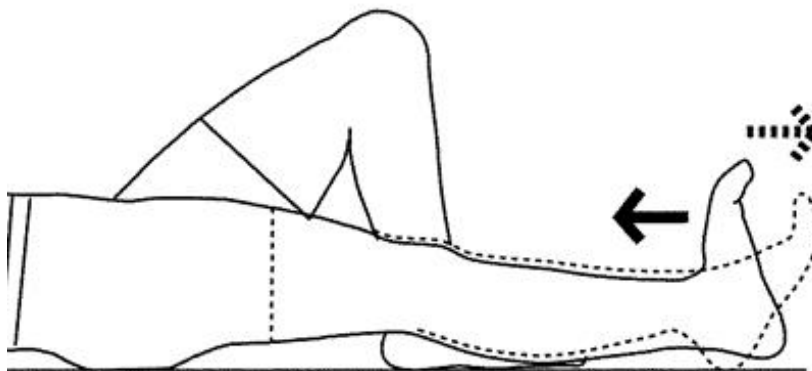
## Home Exercise Program Following Knee Surgery

During your hospitalization, you have had knee surgery. In order to get the best function possible from your hip, it is important that you perform the exercise program described below.

### 1. Ankle Pumps

- Move feet up and down and in circles.

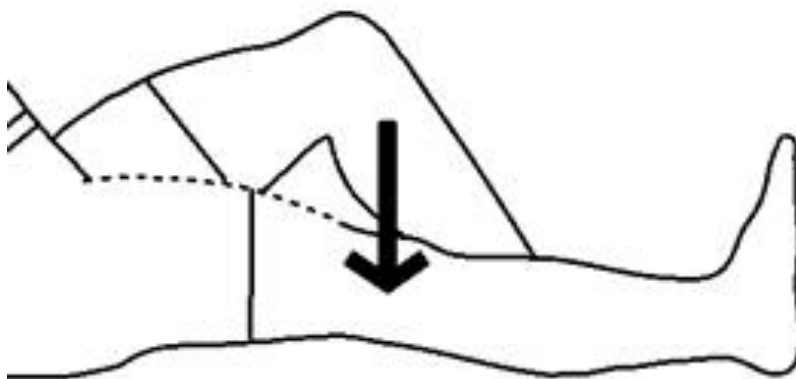
Perform exercise: _____ Sets X _____ Reps _____ per Day
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### 2. Quadriceps Setting

- Tighten the muscles just above your knee by straightening your knee completely.
- Concentrate on pushing your knee into the bed. Hold for the count of five (5), then relax and repeat.

Perform exercise: _____ Sets X _____ Reps _____ per Day
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### 3. Gluteal Setting – Lying on back (No Picture)

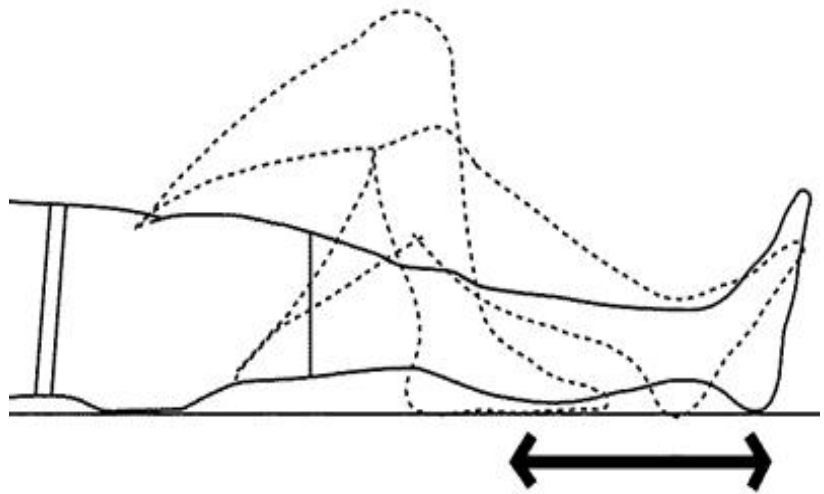
- Tighten your buttocks muscles by squeezing them together.
- Hold for a count of five(5), then relax and repeat

Perform exercise: _____ Sets X _____ Reps _____ per Day
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#### 4. Hip and knee bending

- While lying on your back, slide the heel of the involved leg along bed so that the hip and knee bend, then slide foot back down. Gradually try to increase the amount of bend in your knee.

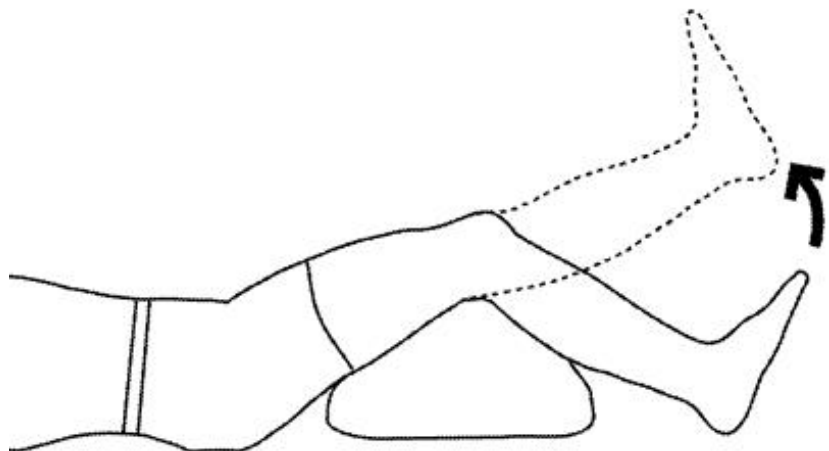
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\_\_\_\_\_ per Day



#### 5. Knee straightening

- Bend knee and place a small roll under your knee.
- Straighten knee by lifting foot of the bed.
- Hold for the count of five (5), then slowly lower foot so that it rests

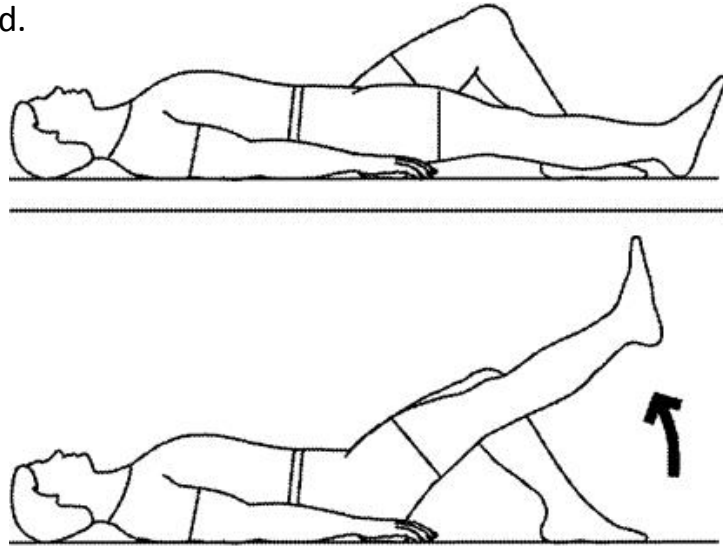
Perform exercise:  
\_\_\_\_\_ Sets X \_\_\_\_\_ Reps  
\_\_\_\_\_ per Day



### 6. Straight Leg Raises

- Bend the “good” leg up so that your foot is flat on the bed. Lift operated leg up, keeping Knee straight.
- Slowly lower leg down to the bed.

Perform exercise:  
\_\_\_\_\_ Sets X \_\_\_\_\_ Reps  
\_\_\_\_\_ per Day



### 7. Supine Hip Abduction

- Slide operated leg out to the side, keeping your knee straight.
- Bring leg back in towards the “good” leg.

Perform exercise:  
\_\_\_\_\_ Sets X \_\_\_\_\_ Reps  
\_\_\_\_\_ per Day

