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TOTAL HIP REPLACEMENT PROTOCOL

The following exercises and hip management advice is advocated following your hip operation:

1. In terms of your hip precautions, don't cross your legs and don't bend your hips more than 90° for 6 weeks. That includes bending your trunk forwards in sitting. It is safer to sit on a wedge to reinforce this precaution.
2. When resting on your back, it is sometimes more comfortable to use your bed control to flex your knees up to approximately 30°. That will allow your hips to rest in slight flexion.
3. It is easier to bend your non-operated leg up first in bed, followed by the operated side.
4. Always get out of bed (and get back into your bed) on the operated side.
5. Bridge your bottom over to the edge of the bed, followed by your upper body, in small stages when you move from lying on your back to sitting on the edge of the bed.
6. It may be easier to use a 'sock on' device and shoehorn to get your socks and shoes on respectively.

Link Rehabilitation recommends the following exercises pre and post surgery:

1. Active straight leg raises
2. Bridging
3. Practice getting in/out of bed on your operated side via bridging to the edge of the bed
4. Visualize and practice lateral weight bearing
5. Mini squats with UE support
6. Sit to stand and vice versa slowly

These exercises will be reviewed during your pre-operative session with your Link Rehabilitation physiotherapist.

Your Link Rehabilitation physiotherapist will see you on the ward on the evening of your surgery and twice daily thereafter, until discharge. Link Rehabilitation wishes you all the best with your new hip! If you have any questions, please don't hesitate to contact us on 9312 3155.