

# POST-OPERATIVE GUIDELINES & ADVICE FOLLOWING A HIP ARTHROSCOPY

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## **Goals:**

*Educate the patient regarding comfortable rest positions*  
*Assist in pain relief*  
*Educate the patient regarding protection of the surgical area*  
*Commence early hip joint mobility*

## **General Advise:**

### 1. Rest Positions

- a. When resting on your back, place a pillow underneath your knees
- b. When lying on your side, place a pillow between your knees

### 2. Ice Applications

Ice should not be placed in direct contact with the skin as it may cause a cold burn (use a thin towel between the ice and your skin)  
Apply for 20 minutes at least 5 times per day until the swelling has subsided

### 3. Crutches

You must use your crutches as instructed  
It is advisable to limit your walking for the first 72 hours as this may cause swelling of the leg

(Circle the relevant status)

Non weight  
bearing

Toe  
Touching

Partial weight  
bearing

Full weight  
bearing

### 4. Range of Movement

It is advised to limit your hip movement to protect and prevent irritation to the surgical area  
Please limit your movement to 60% of full movement (i.e. 90° hip bend)

## **Dressings**

The skin-dressing put on in the operating room is water resistant allowing you to shower.

A watery red discharge is common on the dressing. Any bright red bleeding should be monitored.

Please schedule a post-operative appointment for 3 weeks after the surgery for stitch removal.

## **What one should feel after the surgery?**

Due to the arthroscopic procedure you may experience:

1. A fullness or swelling in the thigh
2. Transitory numbness in the front of the thigh
3. Tension in the thigh muscles
4. Discomfort in the groin may occur.  
Please make use of the prescribed medication to help alleviate this symptom

EXERCISES: (Performed 3X per day)

**Always Respect Your Limits of Pain**



**Foot Pump**

Move your feet up and down at the ankles

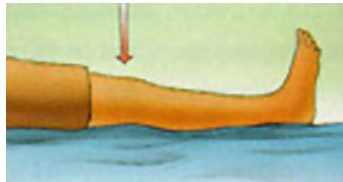
Repeat 20 X



**Buttock Contractions**

When lying, squeeze your buttock together and hold the contraction for 5 seconds

Repeats 20 X



**Thigh Tightening**

Tighten the thigh muscles by making the knee straight. Hold the contraction for 5 seconds

Repeat 20 X



**Heel Slides**

Slide your heel towards your buttock so that your knee and hip bend  
You may assist the movement by supporting the back of the thigh

Repeat 10 X

*NB: Do not exceed 90° hip bend*



**Hip Rotations**

Gently roll your hip and leg inwards and outwards

Repeat 10 X



**Bridging**

Whilst lying on your back, bend your knees and hips as shown. Pull feet up and slowly lift your buttock up and down

Repeat 10 X

*If you have any questions, please contact your physiotherapist on the above numbers.*

**Physiotherapy treatment is not included in the hospital fee  
A separate account will be rendered**