

POST-OPERATIVE GUIDELINES & ADVICE FOLLOWING AN AMIS HIP ARTHROPLASTY



DR J.N. CAKIC

Goals:

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

PRECAUTIONS:

No extending the operated leg (i.e. thigh) behind your body
Do not rotate your operated leg outwards more than 45° - caution when putting on shoes
Do not pivot or twist on your operated leg whilst walking
No walking without a walking aid unless otherwise instructed

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 (lying on either side is permitted)
- c. You may sit in an upright chair – avoid sitting for prolonged periods as this results in hip discomfort

2. Ice Applications

Apply for 20 minutes at least 5 times per day until the swelling has subsided
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)

3. Weight bearing / Walking / Crutches

You must use your crutches as instructed
It is normal to experience little to no pain. Perform all activities carefully and slowly

(Circle the relevant status)

Non weight
bearing

Toe
Touching

Partial weight
bearing

Full weight
bearing

4. Range of Movement

You are permitted to freely move, no pain should be provoked
Adhere to the precautions as listed above

5. Please use your medication as instructed by the doctor

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.

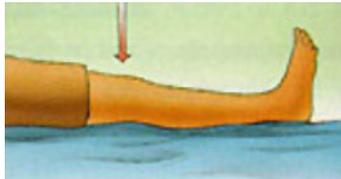
Please schedule a post-operative appointment for 3 weeks after the surgery for stitch removal and a compulsory venous Doppler ultrasound scan

What one should feel after the surgery?

1. Tension in the thigh muscles
2. Discomfort in the groin. Please use the prescribed medication to help alleviate this symptom
3. Fatigue is common – please have adequate rest
4. Loss of appetite – this is due to the medication

Home Exercises: (Performed 2 – 3 X per day)

Always Respect Your Limits of Pain

 <p>Foot Pump</p> <p>Move your feet up and down at the ankles</p> <p>Repeat 20 X</p>	 <p>Buttock Contractions</p> <p>When lying, squeeze your buttock together and hold for 5 seconds</p> <p>Repeats 20 X</p>
 <p>Thigh Tightening</p> <p>Tighten the thigh muscles by making the knee straight. Hold the contraction for 5 seconds</p> <p>Repeat 20 X</p>	 <p>Heel Slides</p> <p>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</p> <p>Repeat 10 X</p>
 <p>Hip Rotations</p> <p>Gently roll your hip and leg inwards and outwards</p> <p>Repeat 10 X</p>	 <p>Bridging</p> <p>Whilst lying on your back, bend your knees and hips as shown. Pull feet up and slowly lift your buttock up and down</p> <p>Repeat 10 X</p>

Standing Exercises

	<p><u>Standing Knee Raises</u></p> <p>Hold onto a chair. Lift your operated leg toward your chest. Do not lift your knee higher than your waist.</p> <p>Repeat 10X</p>		<p><u>Standing Hip Abduction</u></p> <p>Hold onto a chair. Keeping your body and legs facing forward, lift your leg out to the side. Slowly lower your leg so your foot is back on the floor.</p> <p>Repeat 10X</p>
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Walking with Walker / Crutches

Stand comfortably and upright with equal weight on your legs.

Move the walker frame or crutches forward a short distance.

Step forward with the operate leg first (taking as much weight as indicated by the surgeon), followed by the non-operated leg. Repeat the process.

		<p><u>Stair Climbing</u></p> <p><i>Walking upstairs:</i> Place crutches before the step. Using the non-operated leg, step up whilst taking the majority of you body weight on the crutches. Bring the operated leg up onto the step, followed by the crutches. Repeat.</p> <p><i>Walking downstairs:</i> Place crutches on the step below. Using the operated leg, step down whilst taking the majority of you body weight on the crutches. When stable, bring the non-operated leg down on to the step. Repeat.</p> <p><i>“GOOD LEG GOES TO HEAVEN BAD LEG GOES TO HELL”</i></p>
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If you have any questions, please contact a member of the rehabilitation team

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