



# **Total Hip Replacement**

**(Posterior Approach)**

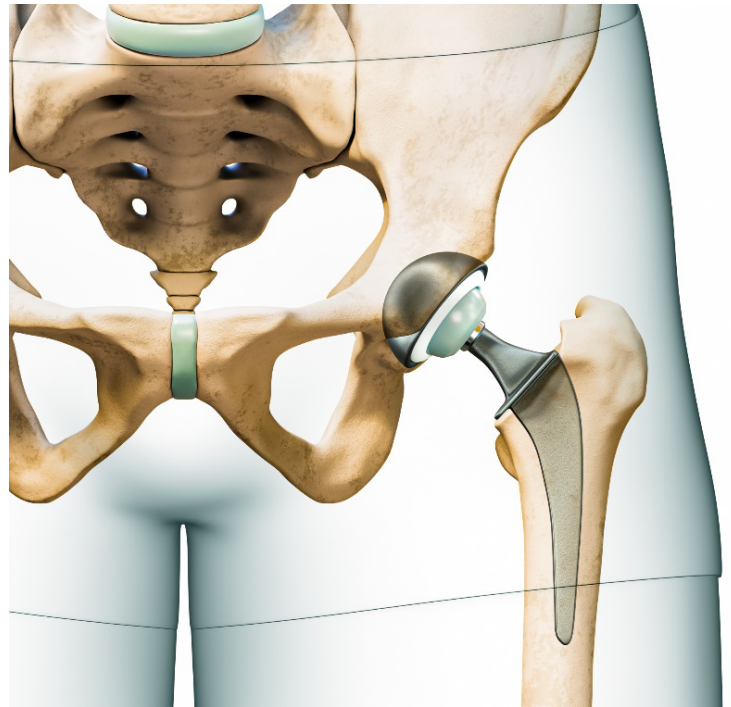
# Pre and Post-Operative Exercise and Goals

## Activity Guidelines

Exercising is important to obtain the best results from total hip surgery. You will need to participate in an ongoing home exercise program. This will keep you moving towards the goals listed on the next few pages. Always consult your surgeon before starting home exercise program.

## Hip Precautions

Keep your hands between your knees if you bend more than 90 degrees.



## Weeks 1-2

**Most patients with a joint replacement discharge home the day of surgery, or the following morning.**

**During weeks one and two of your recovery, typical goals include:**

- Continue using walker unless otherwise instructed
- Walk for short time (5 – 10 minutes) in your home at least 5 times daily
- Climb and descend a flight of stairs (12-14 steps) with a rail once a day, if available and safe
- Sponge bathe or shower and get dressed
- Gradually resume housework
- Do your home exercise program as instructed by your therapist
- Speak with your surgeon at your 2 week follow up appointment about need or desire for outpatient physical therapy

## Weeks 3-4

**During weeks 3 – 4 you will gain more independence.**

**Your goals include:**

- Continue 1 – 2 week activities
- Move from full support to a cane as instructed/if not limping
- Climb and descend a flight of stairs (12-14 steps) more than once daily, if available and safe
- Do 20 minutes of home exercises twice a day

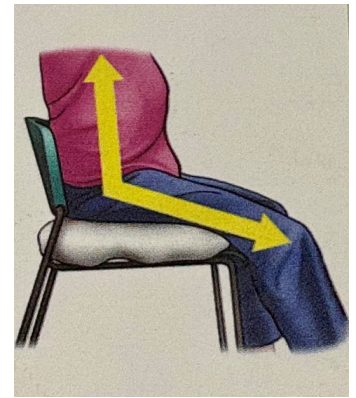
## Weeks 5-6

In weeks 5 – 6, your goal is to return to full independence. Your home exercise program will be even more important.

## Chair Transfers

**Do NOT pull up on the walker to stand!  
Sit in a chair with arms when possible.**

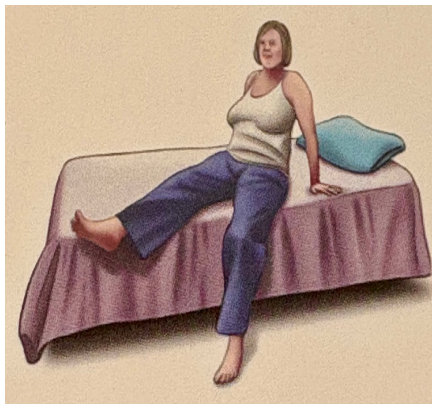
1. Push up from the arm rest of the chair and then reach for the walker.
2. If you are using a chair without arms, place 1 hand the walker while pushing up from the side of the chair with the other.
3. To sit, back up to the chair with your legs until you feel the edge of it behind your legs.
4. Reach back for the arms while slowly lowering your body into the chair.



## Bed Mobility

**Note: You can use your blue band to support your operated leg if necessary**

1. You may lie slightly on your surgical side or on your non-surgical side.
2. You may add pillows between your knees for comfort.
3. To get out of bed, slide your legs towards the edge of the bed.
4. Push up onto your forearms.
5. Push up onto your hands.
6. Slide your legs so your heels are over the edge of the bed.
7. Scoot your hips forward until both feet are on the ground.
8. To get into the bed, scoot your hips backwards onto the bed.
9. Lower yourself onto your forearms.
10. Carefully slide your legs onto the bed.



## Tub Transfers

1. Select a bath seat that is the proper height for you so that you don't bend your hip too much.
2. You can use a tub transfer bench to avoid having to step over the edge of a tub. While sitting on the edge of the bench, you can lean back and lift your legs over the edge of the tub, careful to not bend the hip too far.
3. You can use a shower chair in your tub or shower.
4. When stepping into the tub, you will need to hold onto the grab bars for support while bending your knee backwards to step into the tub.
5. Make sure you have a non-skid rubber mat in place.
6. Hand held showerheads make lower body bathing easier.
7. Use your long handled sponge to reach your lower body without bending too far.
8. Use liquid soap to avoid dropping a bar of soap.

## Car Transfers

1. When getting into the car, make sure the passenger seat is pushed all the way back.
2. Recline the seat back as far as possible.
3. Back up slowly to the car seat and sit back.
4. Swing your legs into the car. Lean back if needed to avoid lifting your knee above your hip.
5. Make frequent stops when traveling to get out and walk around.
6. When getting out of the car, push the seat back as far as possible.
7. Recline the seat back.
8. Lift your legs out, lean back if needed to avoid bending your hip more than 90 degrees.
9. Place the walker in front of you and stand up.



## Walking

1. Push the rolling walker forward.
2. Step forward placing the foot of the surgical leg in the middle of the walker area.
3. Step forward with the non-surgical leg. DO NOT step past the front wheels of the walker.

**NOTE: Begin walking with small, safe steps. Keep the legs of the walker in contact with the floor. Start with your surgical leg for stability and advance your non-surgical leg with the support of your arms. As you progress, you can attempt to continue to roll the walker forward like a shopping cart, taking equal strides with both legs. You should be able to walk a normal pace as your hip 'loosens up'. Do not walk too close to the front or too far behind the walker's rear legs.**

## Climbing Stairs

1. Ascend with non-surgical leg first (Up with the good)
2. Descend with the surgical leg first (Down with the bad)
3. ALWAYS hold onto the railing!

## Personal Care

### Putting on pants and underwear:

**pictured below**

1. Sit down
2. Put your surgical leg in first and then your non-surgical leg. Use a reacher or dressing stick to guide the waistband over your foot.
3. Pull your pants up over your knees, within easy reach.
4. Stand with the walker in front of you to pull your pants up the rest of the way.

### Taking off pants and underwear:

**pictured below**

1. Back up to the chair or bed where you will be undressing.
2. Unfasten your pants and let them drop to the floor.
3. Push your underwear down to your knees.
4. Lower yourself down, keeping your surgical leg out straight.
5. Take your non-surgical leg out first and then the surgical leg.
6. A reacher or dressing stick can help you remove your pants from your foot and off the floor.

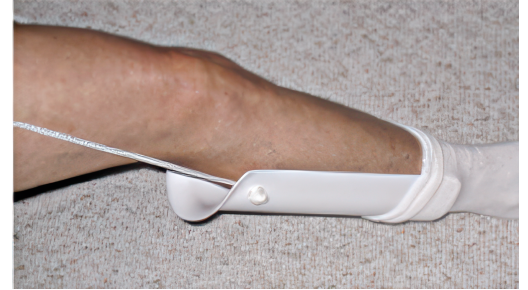


## How to use a sock aid:

pictured below

**NOTE: This can be performed sitting or standing. Wear sturdy slip-on shoes, or shoes with Velcro closures or elastic shoelaces. DO NOT wear high-heeled shoes or shoes without backs.**

1. Slide the sock onto the sock aid.
2. Hold the cord and drop the sock aid in front of your foot. It is easier to do this if your knee is bent.
3. Slip your foot into the sock aid.
4. Straighten your knee, point your toe and pull the sock on. Keep pulling until the sock aid pulls out.



## If using a long-handled shoehorn:

pictured to the right

**NOTE: This can be performed sitting or standing. Wear sturdy slip-on shoes, or shoes with Velcro closures or elastic shoelaces. DO NOT wear high-heeled shoes or shoes without backs.**

1. Use your reacher, dressing stick, or long handled shoehorn to slide your shoe in front of your foot.
2. Place the shoehorn inside the shoe against the back of the heel. Have the curve of the shoehorn match the curve of your shoe.
3. Lean back, if necessary, as you lift your leg and place your toes in your shoe.
4. Step down into your shoe, sliding your heel down the shoehorn.



# Pre and Post-Operative Exercises

All exercises performed 20 repetitions to both legs - SLOWLY

**Note: Exercises are to be completed in the bed or recliner, not on the floor. Counting your repetitions as you exercise helps you make sure you are not holding your breath. Start standing exercises on Day 2.**

## 1. Ankle Pumps:

Gently point toes up toward your nose and down towards the surface. Do both ankles at the same time or alternating feet. Perform slowly.



**Coach's Note: Perform throughout the day – 20-30 times an hour while awake**

## 2. Quad Sets

Slowly tighten thigh muscles of legs, pushing knees down into the surface.

Hold for a 5 count.



**Coach's Note: Look and feel for the muscle above the knee to contract. As strength improves, the leg will be straighter, and the kneecap will move towards the thigh.**

## 3. Gluteal Sets

Squeeze the buttocks together as tightly as possible.

Hold for a 5 count.



**Coach's Note: Patient can place hands on right and left gluteal (buttocks) area and feel for contractions.**

## 4. Abduction and Adductions:

Slide leg out to the side. Keep kneecap pointing toward ceiling. Gently bring leg back to pillow.



**Coach's Note: Do not cross midline. Perform slowly with 5 count in and 5 count out. Use the blue band for assistance.**

## 5. Heel Slides

Bend knee and pull heel toward buttocks. **DO NOT GO PAST 90 DEGREE HIP FLEXION.**



**Coach's Note: Patient should actively pull the heel up. Use the blue band for assistance. Avoid your knee falling inward.**

## 6. Short Arc Quads

Place a large can or rolled towel (about 8" diameter) under the leg. Straighten knee and leg.

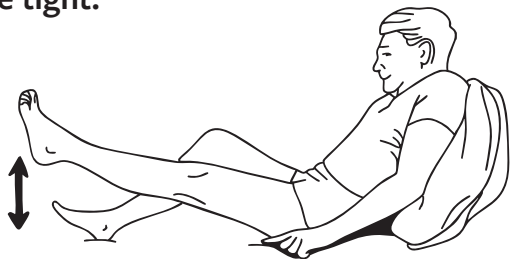
Hold straight for 5 count.



**Coach's Note: Work for full extension (straightening) of the knee. Use the blue band or a belt to assist until no longer needed.**

## 7. Straight Leg Raises

Bending the other knee can help take pressure off of your back. Keep affected leg as straight as possible and tighten muscles on top of thigh. Slowly lift straight leg 10" from the surface and hold for 2 seconds. Lower it slowly, keeping the muscle tight.



**Coach's Note: Maintain the straight leg and keep the knee from bending with the lift. Go slowly. If needed, use the blue band or a belt to assist until no longer needed.**

## 8. Standing Partial Squats

Hold onto an immovable surface, slowly bend your knees as if you were going to sit down. Keep both feet flat. Come back up after a ¼ squat.

**Coach's Note: Encourage erect posture, with eyes forward.**

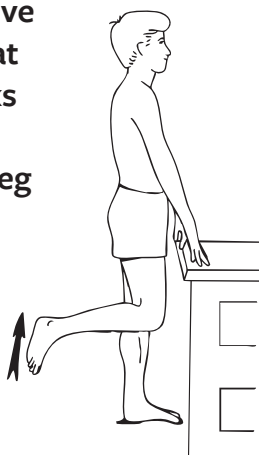
**DO NOT bend at the waist.**



## 9. Standing Knee Flexion

Stand at sink or other supportive object. Bend your surgical leg at the knee towards your buttocks and return to standing. If it is pain-free, switch to the other leg

**Coach's Note: The tendency is for the hip to come forward as the knee is bent. Encourage a straight line from the shoulder to knee.**

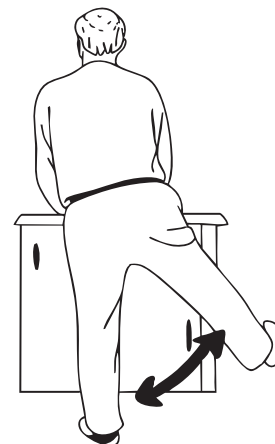


## 10. Standing Hip Abduction

Stand at sink or an immovable object. Keep your leg straight, moving involved leg outward with toes pointing forward.

Return to starting position.

Complete 20 repetitions and switch to the other leg.



## 11. Standing Hip Extensions

Holding onto an immovable surface, extend your involved leg back behind you, then slowly lower it back to the floor. Complete 20 repetitions and then switch to the other leg.

**Coach's Note: The tendency is to lean forward. Encourage an upright posture and make sure the knee stays straight.**



## 12. Standing Heel Raises

Hold on to an immovable surface. Rise up on toes slowly for a 5 count. Come back to the foot flat and lift toes off the floor.

**Coach's Note: When lifting toes up, do not lean backward.**



## Resting Positions

**Find a position of comfort; may lie on sides.**

To stretch your hip to neutral position:

Lie flat occasionally on your back in bed.

A position of comfort may include a pillow lengthwise to support your leg.

You may lie on either side; a pillow can be added between your knees for comfort.

