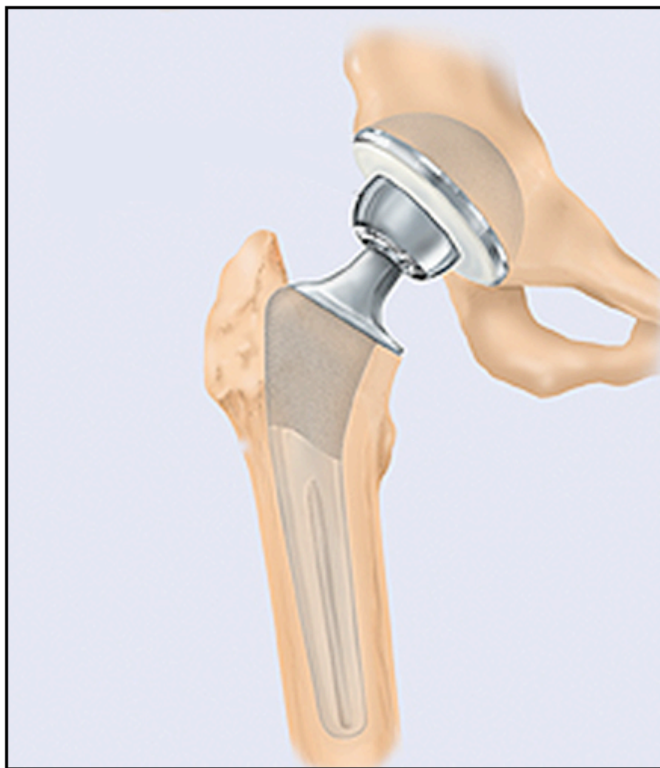


Hip Replacement Surgery Rehabilitation Guide



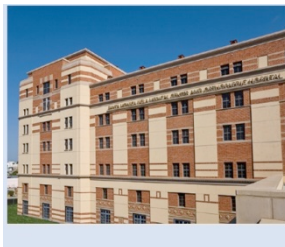
UCLA

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Medical Center

— and —



Orthopaedic Hospital



Rehabilitation Following Your Surgery

Physical Therapy (PT)

- Physical therapy typically begins on the first morning after surgery. Early mobility and an individualized exercise program are important for successful surgery outcomes.
- You will participate in physical therapy two times per day during your hospital stay.
- The focus of physical therapy will be:
 - Strengthening
 - Regaining joint movement
 - Getting in and out of bed
 - Walking
 - Climbing stairs

Occupational Therapy (OT)

- An occupational therapist will teach you how to safely use your new joint in everyday activities such as:
 - Dressing
 - Toileting
 - Getting in and out of bed
 - Bathing
 - Getting in and out of a car
 - Home Management
- Your occupational therapist will introduce you to adaptive devices and recommend home equipment to help increase your independence

Discharge Planning – The rehabilitation team will work closely with you and your care team to determine if you are ready to go straight home from the hospital, or if you need further rehabilitation at a Skilled Nursing Facility prior to returning home.

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Your Hip Precautions

Certain positions will cause excess stress on your new hip prosthesis and increase the risk of dislocation. You will need to follow some general movement/positioning restrictions.

- Continue following your precautions until further instructed by your surgeon (typically 6-12 weeks).
- PT and OT will work with you to build skills to safely move within your restrictions.

☐ **Posterior Approach**

- **Do NOT cross legs**
- **Do NOT bend your hip past 90°**
- **Do NOT internally rotate your leg
(Do NOT twist or roll inwards)**

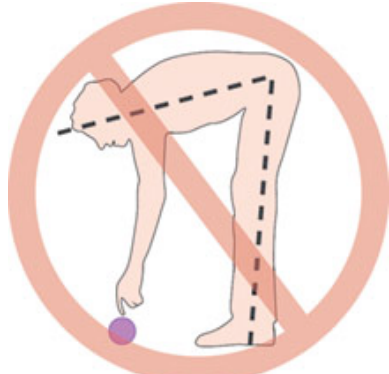
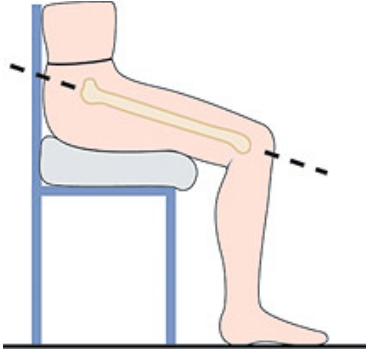
☐ **Anterior/Lateral Approach**

- **NO “figure four” position of your leg**

☐ **Weight Bearing Status:** _____

Your Hip Precautions

☐ Posterior Approach



☐ Anterior/Lateral Approach



Getting Into Bed

1. **Sit down** at the edge of the bed
2. Push onto your hands and **scoot backwards** towards the middle and head of bed
3. **Swing one leg at a time** onto the bed as you continue to scoot your hips backwards
 - Avoid rolling or twisting your leg (tip: keep your knee and toes pointed up)
4. Lie down and **position** yourself comfortably with pillows between your legs
 - Use a reacher to grab blankets at the end of the bed to avoid bending your hips past 90°



Bed Positioning

Keep pillows or a **hip abduction wedge** between your legs

- Avoid twisting or crossing your legs

Getting Out of Bed

1. **Slide your legs** to the edge of the bed
 - Avoid rolling or twisting your hip. Keep your knee and toes pointed up
2. **Use your arms** to prop your body up
3. Continue sliding your legs off the bed
4. Push onto your hands and **scoot forward** until both feet are on the floor

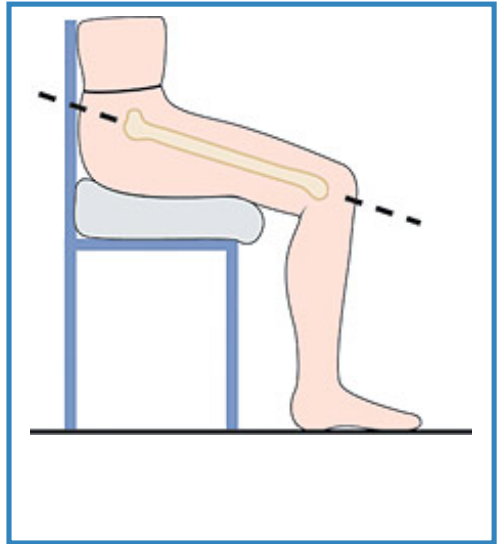


Sitting

Avoid low seats

To prevent your hip from bending past 90°

- Keep your knee lower than your hip
- Use seats that are 1-2 inches above the height of your knee
- Use a seat cushion or firm pillows to raise the seat height



Sitting Down

1. Step back until both **legs touch the chair**
2. Slide your **operated leg in front** of your body
3. Use your hand to **reach for the armrest** or seat surface
4. **Lower your body** into the chair



Standing Up

1. Position the walker in front of you, or place your crutches nearby
2. **Scoot forward** to the edge of the chair
3. **Place your feet** firmly on the floor
 - Operated leg straight in front
 - Non-operated leg bent back
4. Use your arms to **push up on the armrests** while you **rise on your stronger leg**
5. Stand up
6. Transfer your hands onto the walker, or put one crutch under each arm



Walking

You will initially learn to walk with a walker. As your mobility progresses your physical therapist or surgeon may recommend other walking devices.

Adjusting your walker height

- Standing with arms by your side, the handgrips should be slightly above your wrists
- Standing with your hands on the walker, your elbow should bend 20° - 30°

Forwards Walking

1. **Roll the walker** forwards
2. Step forward with your **operated leg** (weaker leg)
3. Step with your **non-operated leg** (stronger leg)
4. Repeat



Backwards Walking

1. **Roll the walker** back closer to your body
2. Step back with your **non-operated leg** (stronger leg)
3. Step with your **operated leg** (weaker leg)
4. Repeat

Walking

Up Curb

1. Pick up and place the **walker up** on the curb.
 - Check that all four legs of the walker are secure on the curb
2. Step up with your **non-operated leg** (stronger leg)
3. Step up with your **operated leg** (weaker leg)



Down Curb

1. Place the **walker down** the lower surface
 - Check that all four legs of the walker are secure on the ground
2. Step down with your **operated leg** (weaker leg)
3. Step down with your **non-operated leg** (stronger leg)



Getting Dressed

Adaptive Devices

- Long handled tools can help you complete daily activities without bending your hips past 90°
- “**Hip Kit**” includes:
 - **Reacher**
 - **Sock Aid**
 - **Long Handled Shoe Horn**
 - **Long Handled Bath Sponge**
- If you have difficulty with hand movements, your occupational therapist can explore alternative techniques with you such as using a **dressing stick**



General Guidelines

- Sit down while putting on clothes for balance and safety
- Make sure you have everything you need before you start
- Choose loose fitting clothing for comfort and ease of dressing after surgery
- Dress or undress your operated leg (weaker leg) first

Socks

Use a **sock aid** to avoid bending your hips past 90°

1. Slide your sock over the sock aid
2. Hold the handles while you drop the sock aid to the floor
3. Slide your foot into the open sock
4. Pull the handles up until the sock aid comes out of the sock

Use a **reacher** to take off the sock

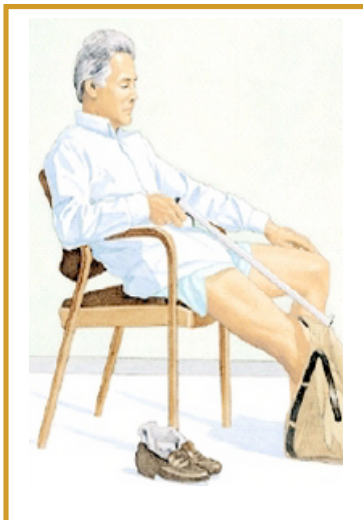


Getting Dressed

Underwear and Pants

Use a **reacher** to avoid bending your hips past 90°

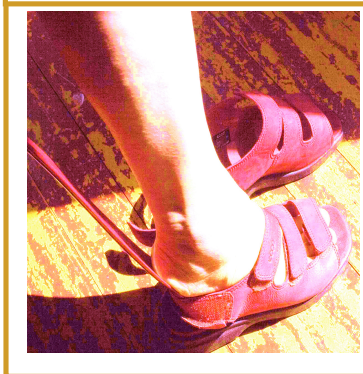
1. Clip the reacher onto the waist of the pants
2. Lower your pants onto the floor with the reacher
3. Put your legs in the pants
 - Dress your operative leg (weaker leg) first
 - Dress your non-operative leg (stronger leg) second
4. Pull the pants over your knees with the reacher
5. Put down the reacher and grasp the pant waist with one hand
6. Stand up with your walker and pull the pants over your hips



Shoes

Use a **long handled shoe horn** and **reacher** to avoid bending your hips past 90°. Use **elastic shoelaces** or adjust regular shoelaces before you start.

1. Clip the reacher onto the tongue of your shoe
2. Slide your toes into the shoe
 - Keep your toes pointed forward to avoid rotating or twisting your hip
3. Open the back of the shoe with a long handled shoe horn
4. Press your foot into the shoe



Toileting

- Follow your hip dislocation precautions when toileting
- To avoid bending your hip past 90°:
 - Use a **Raised Toilet Seat** or **Commode** to increase the height of the toilet seat.
 - Keep your knee positioned lower than your hip
 - Do not lean forward to wipe
 - Use a reacher to grab your pants if it drops below the knee



Getting Into a Car

Do not drive until your doctor says it is safe. This may depend on several factors including your strength, reflexes, and medications.

1. **Position the seat** for more space
 - Recline the seat
 - Slide the seat back
2. Walk with your walker and **back up to the car seat**
3. **Place your hands** securely on the seat and dashboard
4. Slide your operated leg in front and **lower your body onto the seat**
5. Use your arms and **scoot back** into the middle of the seat.
6. **Bring your legs into the car** one at a time.
 - Lean back to avoid bending your hips past 90°
7. Position yourself comfortably and secure your seatbelt
 - Place a pillow between your legs to avoid rotating or twisting your hip



Getting Out of a Car

1. Open the door
2. **Position the seat** for more space
3. **Bring your legs out of the car** one at a time.
4. Push onto your hands and **scoot forward** until both feet are on the ground
5. Place your walker in front of you and **stand up**

Showering

General Guidelines

- Do not shower until your doctor says it is safe. Follow your surgeon's instructions for proper care of your incision site.
- Plan to have someone help you with your first few showers at home. If you have any concerns, sponge bathing is a safe alternative.
- Follow your hip dislocation precautions while you bathe or shower.
 - Use a **long handled bath sponge** for washing your lower body to avoid bending your hip past 90°
 - **Arrange toiletries** at easy reach heights and distances

Home Shower or Bathtub Modifications

The following are some common home modifications after surgery.

Your occupational therapist can discuss with you how to adapt and move about your specific home bathroom environment.

- Secure a **non-skid rubber bath mat** or non-skid strips to the tub or shower floor
- Install **grab bars** or secure well made suction grab bars to assist with entering and exiting
- Position a **bath-shower seat** and adjust the seat height 1-2 inches above the height of your knee.
- Attach a **handheld shower hose** to assist with personal hygiene



Showering

Entering a Walk-in Shower

Walk into the shower with your walker

1. **Place the walker** in the stall
2. Step into the shower
 - **Non-operated leg** (stronger leg) first
 - **Operated leg** (weaker leg) second
3. **Sit on the shower seat** and follow your hip precautions as you bathe

If the walker does not fit in the stall

1. Stand close to the shower
2. **Turn your walker** behind you. Keep your walker within reach.
3. **Grasp onto the grab bar** or stable surface
4. Step into the shower
 - **Non-operated leg** (stronger leg) first
 - **Operated leg** (weaker leg) second
5. **Sit on the shower seat** and follow your hip precautions as you bathe

Exiting a Walk-in Shower

1. **Grasp onto the grab bar** or stable surfaces
2. **Stand up** from the shower seat
3. **Place your walker** outside of the stall in front of you
4. Step out of the shower
 - **Operated leg** (weaker leg) first
 - **Non-operated leg** (stronger leg) second



Shower

Entering Tub/Shower With Seat

1. **Back up** to the tub/shower with your walker
2. Sit down on the tub-shower seat
 - Extend your operated leg and reach behind for the seat
3. Lift your legs into the tub one at a time
 - Lean back to avoid bending your hip past 90°
4. Follow your hip precautions as you bathe



Exiting Tub/Shower With Seat

1. Turn on your seat and lift your legs out of the tub
2. Position your walker in front of you
3. Stand up from the seat



Shower

Entering Tub/Shower Without Seat

1. **Stand sideways** with your **non-operated leg** (stronger leg) next to the tub
2. **Hold your cane/crutch** on your **operated side** (weaker leg)
3. **Grasp grab bar** or stable surface with your other hand
4. **Step sideways** into the tub with your **non-operated leg** (stronger leg) first
5. **Step sideways** into the tub with your **operated leg** (weaker leg) second
 - Grasp the grab bar for support
 - **Bend your knee** and swing your lower leg inside
 - Follow your hip precautions as you step in
6. **Place your cane/crutch** nearby
7. Follow your hip precautions as you bathe

Exiting Tub/Shower Without Seat

1. **Grasp the grab bar** for support
2. **Stand sideways** with your **non-operated leg** (weaker leg) next to the edge
3. **Hold your cane/crutch** on your **operated side** (weaker leg)
4. **Step sideways** out of the tub with your **operated leg** (weaker leg) first
 - Grasp the grab bar for support
 - **Bend your knee** and swing your lower leg inside
 - Follow your hip precautions as you step out
5. **Step sideways** with your **non-operated leg** (stronger leg) second
 - Use your cane/crutch for support

Home Planning Checklist

- Arrange for family or friends to help you the first few days home.
- If possible, set up a bedroom and bathroom on the **first floor**.
- The following are some suggested items and home modifications that can be done **before** surgery to make your recovery at home easier.

☐ “Hip Kit” Adaptive Devices

- ☐ Reacher or Dressing Stick
- ☐ Sock Aid
- ☐ Long Handled Shoe Horn
- ☐ Long Handled Bath Sponge

☐ Bathroom

- ☐ Raised Toilet Seat or Commode
- ☐ Bath-Shower Seat
- ☐ Grab Bars
- ☐ Non-Skid Rubber Bath Mat or Non-Skid Strips
- ☐ Hand Held Shower Hose
- ☐ Arrange Toiletries (easy reach)

☐ Living Space

- ☐ Stable Chair
- ☐ Firm Seat Cushion
- ☐ Clear Walkways (Remove throw rugs and electric cords)
- ☐ Arrange Common Items (easy reach)

☐ Nutrition

- ☐ Ready Made or Easy Prep Meals
- ☐ Arrange Medications (easy reach)

Exercises

- Your physical therapist will give you an exercise program based on your individual needs.
- The following are common exercises for hip surgery.

Bed Exercises

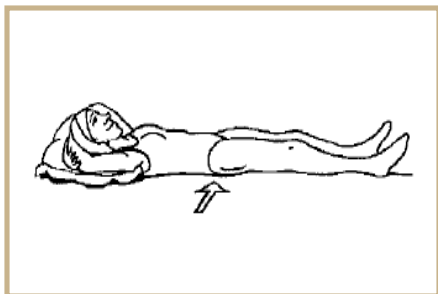
Ankle Pumps and Circles

- Point and flex your ankles through full range of motion.
- Rotate your feet clockwise followed by counterclockwise.
- Repeat 10-20 times.
Do 2-3 sessions per day.
- This is a good exercise to prevent blood clots



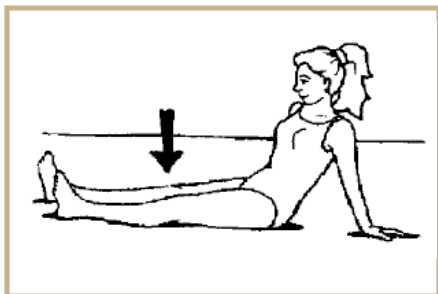
Isometric Gluteals – “Bun Squeezes”

- Tighten your buttocks muscles.
- Hold 5 seconds. Relax.
- Repeat 10-20 times.
Do 2-3 sessions per day.



Quadriceps Sets – “Thigh Squeezes”

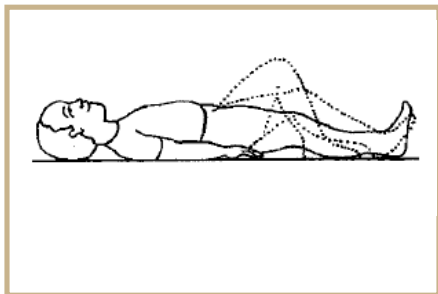
- Tighten the muscles on top of your thigh as if attempting to push your knee down into the bed.
- Hold 5 seconds. Relax.



Exercises

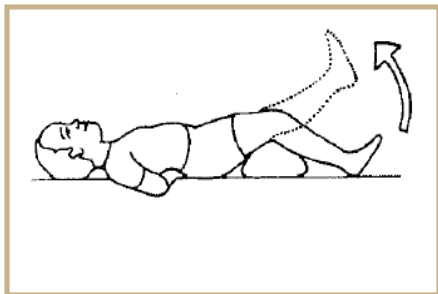
Heel Slides

- Bend and straighten one leg by slowly sliding your foot on the bed.
- Hold 5 seconds. Relax.
- Repeat 10-20 times.
Do 2-3 sessions per day.



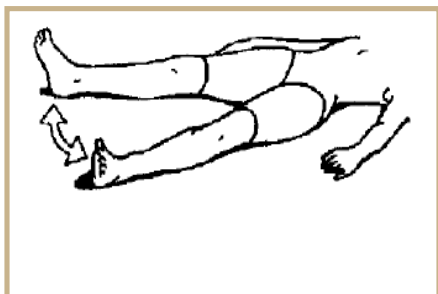
Short Arc Quads

- Place a rolled pillow or blanket under your knee. Straighten the knee by lifting your heel off the bed.
- Repeat 10-20 times.
Do 2-3 sessions per day.



Hip Abduction/Adduction

- Slide one leg out to the side and back to the middle. Keep your knee straight and avoid rolling your leg.
- Repeat 10-20 times.
Do 2-3 sessions per day.

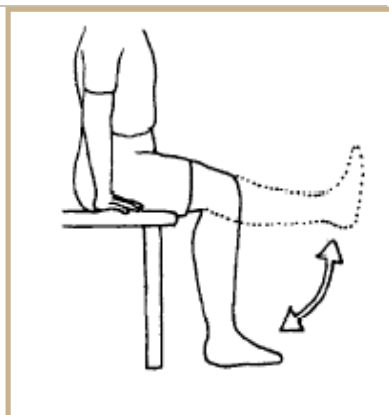


Exercises

Sitting Exercises

Long Arc Quads

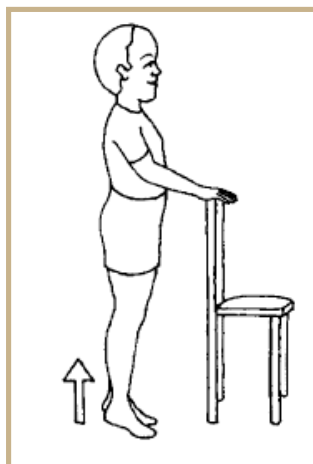
- Slowly straighten your knee. Lift your heel and tighten your thigh.
- Slowly lower your foot down.
- Hold 5 seconds. Relax.
- Repeat 10-20 times.
Do 2-3 sessions per day.



Standing Exercises

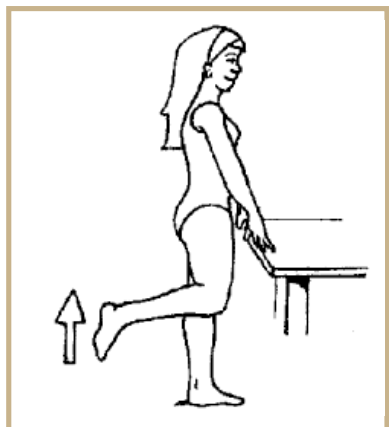
Heel Raises

- Stand up straight. Use a sturdy chair or countertop for balance.
- Rise up on your toes, and then slowly lower.
- Repeat 10-20 times.
Do 2-3 sessions per day.



Knee Flexion

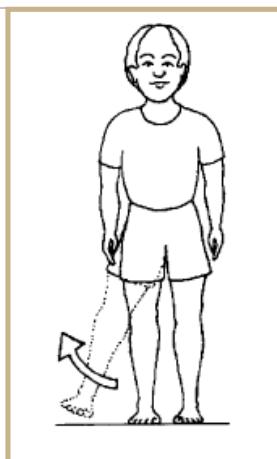
- Stand up straight. Use a sturdy chair or countertop for balance.
- Bend one knee up, and then slowly lower.
- Repeat 10-20 times.
Do 2-3 sessions per day.



Exercises

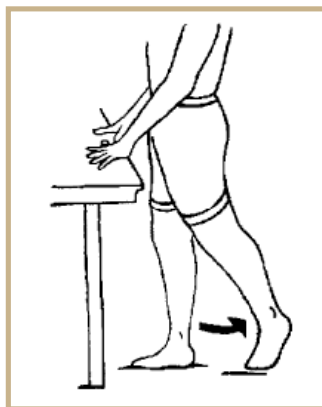
Hip Abduction

- Stand up straight.
- Place your weight on one leg. Use a sturdy chair or countertop for balance.
- Lift your other leg out to the side, and then slowly lower.
- Repeat 10-20 times.
Do 2-3 sessions per day.



Hip Extension

- Stand up straight. Use a sturdy chair or countertop for balance.
- Move one leg backwards at the hip. Keep your knee straight.
- Repeat 10-20 times.
Do 2-3 sessions per day.



Sexual Activity After Joint Replacement

- Follow your surgeon's instructions for when you may start having sex again. The exact time will depend on your recovery time and comfort.
- Follow your hip dislocation precautions during all activities including sexual intercourse.
- A handout with more information is available from your therapist.

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