



## Hip Replacement Surgery Physical Medicine and Rehabilitation





## Activities of Daily Living

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Before you leave the hospital your physical and occupational therapists will prepare you for activities of daily living and instruct you on the best ways to move about.

### Getting out of bed



- Slide your legs toward the edge of the bed, keeping operated leg with knee straight and toes pointed up.
- Push up onto your forearms.
- Push up onto your hands.
- Slide legs so your heels are over the edge of the bed.
- Scoot your hips forward until both feet are on the ground.

### Getting into bed



- Sit on the edge of the bed with both feet on the ground.
- Bearing weight on your hands, scoot your hips backward onto the bed. Keep your shoulders back.
- Lower yourself onto your forearms.
- Carefully slide your legs onto the bed, keeping operated leg with knee straight and toes pointed up.

### Standing



- Move your operated leg forward and push off the arm rests of the chair to stand up.
- Once you have your balance, reach for the walker.

### Using a walker to begin walking, be sure to:



- Move the walker forward.
- Then, take a small step into the walker with your operated leg.
- Push down on your hands when you step forward with your non-operated leg.
- Do not turn (pivot) on your operated leg. Instead, **pick up your feet and turn using several small steps.**
- Land on your heel and push off your toes when walking (a heel/toe pattern of walking). Take an equal number of steps with each foot. Make each step the same length.
- Lean your back against the wall for support if you stop to talk with someone or if you become tired.
- Frequent, short walks are recommended.

### Dressing

Your occupational therapist will instruct you to dress following your hip precautions, sometimes adaptive equipment is used.



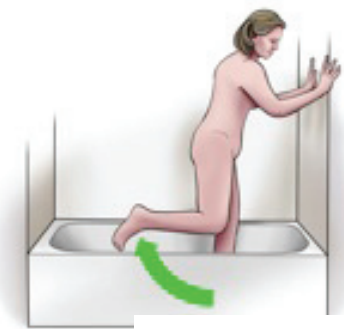
- **Avoid bending forward** beyond 90° when putting on pants, socks and shoes.
- **Do not cross your legs** when putting on pants, socks and shoes.
- **Putting on your pants:** Put the operated leg into the pant leg first. Then put the non-operated leg into the other pant leg using a reacher or dressing stick.
- **Removing your pants:** First, remove the non-operated leg from the pant leg. Then, remove the operated leg from the other pant leg using a reacher or dressing stick.
- **Keep your back touching the back of the chair.**
- **Tying your shoes:** Use elastic shoelaces or slip-on shoes.

## Homemaking

- Sit for rest breaks as needed.
- Slide objects along the countertop rather than carrying them.
- Attach a bag or basket to your walker or wear an apron to carry small items.
- Use a long-handled reacher ("grabber", "pick-up stick") to reach objects on the floor.
- Remove all throw rugs and long electrical cords to avoid tripping in your home.
- Watch out for slippery/wet areas on the floor.

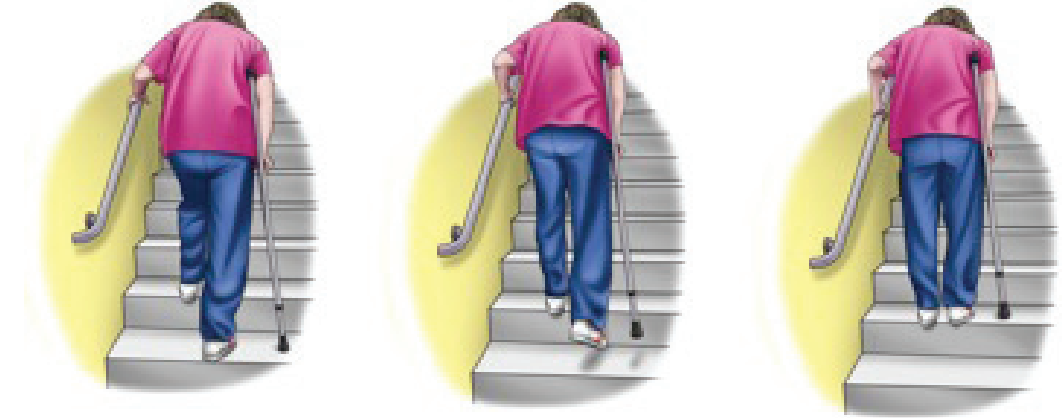
## Bathing or showering

You may shower when approved by your doctor. You and your occupational therapist will discuss the correct technique to step into your shower stall or bathtub at home. We recommend that you install a **hand held shower hose**, which better enables you to bathe below your waist.



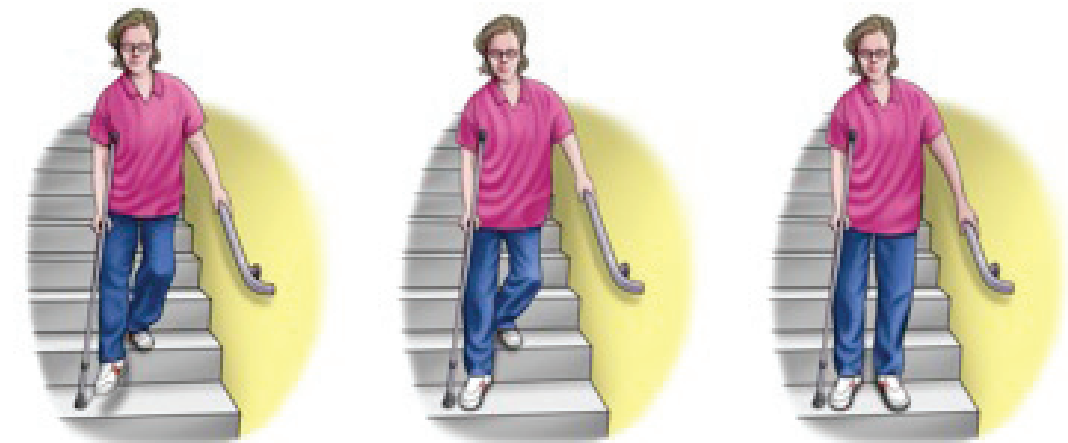
- If you do not have **non-skid strips** glued to the floor of your shower stall or bathtub, carefully place a **non-skid rubber bath mat** on the floor of the stall or tub. **Before starting the water**, be sure that the suction cups on the underside of the mat are pushed down against the floor of the tub or stall.
- **Do not sit on the bottom of the bathtub** to bathe during the time you are following your hip precautions. Moving in and out of this position causes too much bending of your new hip.
- Use **liquid soap** to avoid dropping a bar of soap and flexing hip to retrieve it off the floor while showering.
- A **long-handled bath sponge** will help in bathing below the knees.
- During the first few showers at home, we recommend that you **shower no longer than 10 minutes**, using lukewarm water and keeping the bathroom well ventilated.
- If needed, your therapist will discuss how to cover your incision for bathing.

## Climbing up stairs



- Use a hand rail (if available) to climb stairs.
- Lead with your non-operated leg, then your operated leg, and finally your crutches or cane.
- A family member should stay one step below, standing on your operated side, when helping you climb stairs.

## Going down stairs



- Use a hand rail (if available) to go down stairs.
- Lead with your crutch or cane, then your operated leg, and finally your non-operated leg.
- A family member should stay one step below, standing on your operated side, when helping you go down stairs.

## Getting into a car



- Be sure the passenger seat is pushed all the way back and recline the seat.
- With your walker in front of you, slowly back up to the car seat.
- Sit on the car seat.
- Swing your legs into the car.
- When traveling, make frequent stops and get out and walk around.

## Getting out of car

- Push the seat all the way back and recline the seat.
- Lift your legs out. Place the walker up in front of you and stand up on the unaffected leg.

## Tips for Your Recovery

### Caring for your hip when in bed

- Pump your ankles up and down 10 times every 2 hours to maintain blood flow (circulation) to your lower legs.

### Caring for your hip during the day

- Sit on raised or firm chair and use a raised toilet seat/commode with armrests.
- Use a long-handled reacher or other adaptive aid to pick items off the floor.
- Avoid sitting and/or standing for long periods (no more than 30 minutes in one place). Changing position frequently will increase blood flow, decrease joint stiffness, and decrease post-operative leg swelling.
- Get up each day and walk as much as you can.
- To decrease pain, inflammation and swelling, ice can be placed on your hip for 15 - 20 minutes every hour or as tolerated.

### Caring for your hip at home

- **Ask your doctor when:**
  - You can take a shower.
  - You may start to drive.
- **Begin your home exercise program:** An important part of your recovery is following a home exercise program. When muscles are not used, they become weak and do not work as well in supporting and moving the body. Surgery can correct the hip problem, but the muscles will remain weak unless you strengthen them with regular exercise. To start the home exercise program, your therapist will teach you how to perform these exercises. Do your home exercise program as prescribed by your physical therapist.

## Exercises

Your therapist will show you how to do your exercises and will tell you how often to do them.

### Ankle Pumps

Bend ankles to move feet up and down, alternating feet.

Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions each day.



### Quad Sets

Slowly tighten muscles on thigh of straight leg while counting out loud to \_\_\_\_.

Repeat with other leg to complete set

Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions each day.



### Gluteal Squeezes

Squeeze buttocks muscles as tightly as possible while counting out loud to \_\_\_\_.

Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions each day.



### Heel Slides

Make sure bed is flat.

Bend knee and pull heel toward buttocks.

Do not bend hip more than 90°.

Hold \_\_\_\_ seconds. Return.

Repeat with other knee to complete set.

Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions each day.



### Short Arc Quads

Place a rolled towel under your knee. Raise the lower part of your leg until your knee is straight.

Hold \_\_\_\_ seconds.

Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions each day.



### Hip Abduction

Keep your toes pointed toward the ceiling. Move your leg out to the side as far as possible. Slowly return to the starting position and relax.

Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions each day.



### Long Arc Quads

Straighten operated leg and try to hold it \_\_\_\_ seconds.

Repeat \_\_\_\_ times.

Do \_\_\_\_ sessions each day.



