

## Anterior Total Hip Replacement

### Home Program

- After surgery, you should only do what is recommended by your surgeon.
- Keep moving, early mobility reduces the chances of complications following surgery.
- Extra pain may be a signal that you are overdoing it. You may need to change the amount or distance, or how often you do the walks.
- There are **NO** precautions necessary following your hip surgery. It is okay to lean forward and cross your legs. Still be cautious of tripping or falling hazards.
- **No hip or leg exercises until released by your surgeon.**

#### **ACTIVITY FREQUENCY: for the first 2 weeks after surgery**

- **Walk every other hour of the waking day.** Start with 200 feet (3-5 minutes) and increase your distance as tolerated each day. Lie down and elevate your leg between sessions.
- Ensure your walking area or path is clear of any hazards and safe. Utilize your assistive device (walker/crutches) for safety and stability.
- **Do ankle pumps** (paddle feet) on both legs **every hour** throughout your day.
- **Limit sitting to 30 minutes at a time.** Prolonged sitting may increase the risk of developing blood clots. After two weeks, it is no longer necessary to follow this sitting restriction.
- **Ice often**, especially after walking sessions or being on your feet for a while. Icing and elevating your leg for 20-30 mins at a time 3-5 times a day is recommended.
- In order to help keep track of your walking frequency and rest periods, utilize the Daily Activity Log Sheet to document your progress every day. There is an example page to demonstrate what it may look like as you fill out the form. Blank copies for your use are located at the end of this packet.
- After two weeks, continue walking as instructed by your physician. It is recommended that you lie down two different hours during the day to elevate your leg.

## Example Daily Activity Log Sheet Following Hip Surgery

<b>Date:</b>			
<b>Time</b>	<b>Ankle Pumps (Hourly)</b>	<b>Walking (Every other hour)</b> -mark distance or time	<b>Rest, Ice and Elevate</b> (Between exercise sessions)
8:00 am	✓	3 minutes	
	✓		✓
10:00 am	✓	3 minutes	
	✓		✓
12:00 pm	✓	4 minutes	
	✓		✓
2:00 pm	✓	5 minutes	
	✓		✓
4:00 pm	✓	3 minutes	
	✓		✓
6:00 pm	✓	3 minutes	
	✓		✓
8:00 pm	✓	5 minutes	
			✓

## Daily Activity Log Sheet Following Hip Surgery

[illegible]