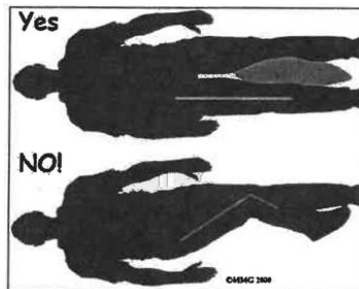


# Total Hip Replacement - Posterior Approach

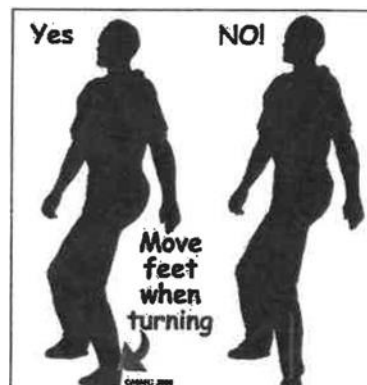
## **PRECAUTIONS**

The main positions and movements to avoid after a **posterior approach hip replacement** include crossing your legs, turning your hip and leg inward, and bending the hip more than ninety degrees. You should adhere to these precautions until adjusted by your provider. **These precautions are usually for the first six weeks after surgery.**

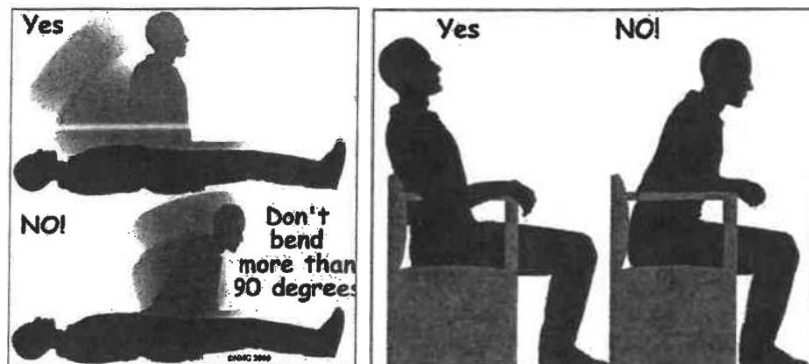
- **Don't cross your legs.** When sitting, this includes not crossing your knees or ankles. When lying in bed, place pillows between your legs to keep your hip in the correct position.
- **Don't roll your leg and foot in.** When lying on your back, don't roll your operated leg toward the other leg as you might do when rolling over. A pillow may be used to block the legs from crossing or turning inward.



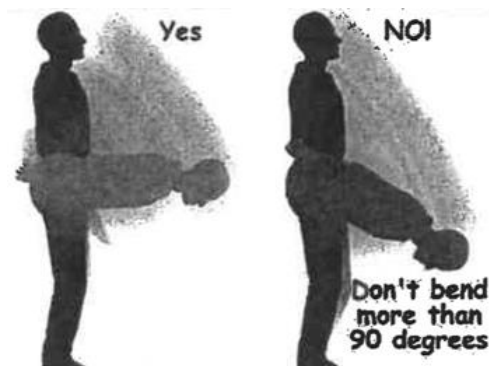
- **Don't twist your body toward your operated hip.** This means you can't stand pigeon-toed. Keep the toes of your affected leg pointed forward when you stand, sit or walk. If you turn your body in the direction of your operated hip without pivoting your foot, your hip will be placed in an unsafe position. Remember to lift and turn your foot as you turn in the same direction as your surgical hip.



- **Don't bend the hip past ninety degrees.** This means do not lean too far forward when sitting up in bed. To avoid bending past ninety degrees when sitting in a chair lean back slightly.



- **Don't bend over past ninety degrees at the waist.** Your hip could go beyond ninety degrees if you bend over at the waist to tie your shoes or pick up items off the floor. Instead, use elastic shoelaces and a reacher.



## Total Hip Replacement Home Exercise Program

- After surgery, you should do only those exercises recommended by your Doctor or Physical Therapist, or Physician Extender. The type of procedure used will determine the exercises.
- Keep moving (home exercise program), early mobility reduces the chances of complications following surgery.
- Some exercises help control pain and improve movement in the hip. Other exercises strengthen the thigh muscles.
- Extra pain felt after these or other exercises is a signal that you are overdoing it. You may need to change the number of repetitions, or how often you do the exercises.
- A goal should be to be able to get your hip flat or in a neutral position by your first post-op and/or physical therapy appointment. You can accomplish this by completing this home exercise program consistently.

### **EXERCISE/ACTIVITY --- FIRST TWO WEEKS AFTER SURGERY**

- Your exercises are broken down into three categories: bed exercises, sitting exercises, and standing exercises. It is recommended these exercise sessions are spread out throughout the day.
  - **Do your bed exercises 2-3 times a day.**
  - **Do your sitting exercises 2-3 times a day.**
  - **Do your standing exercises 2-3 times a day.**
- **Walk every other hour**
  - Start with 200 feet and increase your distance by 30 seconds each day. Then lie down and elevate your leg once completed.
  - You should use your assistive device (walker, crutches) for 2 weeks, until your post-op appointment, or until released by your Doctor or Physical Therapist.
- It is recommended that you take time in between exercise sessions to elevate your leg.
- **Limit sitting to 30 minutes at a time.** Prolonged sitting may increase the risk of developing blood clots.
- In order to help keep track of your exercise frequency, utilize the Daily Activity Flow 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.
- Continue these exercises as instructed until your physical therapy sessions begin. Adapt the protocol per your physician or physical therapist's instructions.
- After two weeks, continue exercising and walking. It is recommended that you lie down two different hours during the day to elevate your leg.



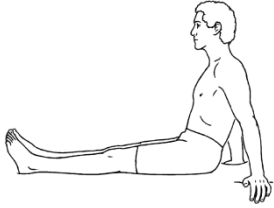
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Physician Extender: (406)542-4702 ext. 4270

# Total Hip Replacement Exercises

Begin by completing 10 repetitions of each exercise, 2-3 times every day. Increase by 2 repetitions as the exercises get easier.

## BED EXERCISES

1. **Ankle Pumps:** Slowly paddle your feet by bending your ankles up and down. This exercise should be done with both feet.

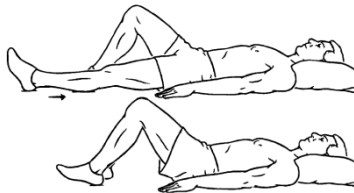


2. **Quad Sets:** With your knee straight, tighten the muscle on top of your thigh by pressing the back of your knee down toward the bed. Hold the contraction for five seconds.

3. **Gluteal Sets:** While lying on your back, tighten your buttock muscles. Hold tightly for five seconds.



4. **External Rotation:** While lying on your back, roll your foot and thigh out away from the other foot. Return to the starting position and repeat.



5. **Heel Slides:** Lying flat on your back, bend your knee by sliding your heel back toward your buttocks. Try to increase the bend in your knee a little more with each repetition, **but avoid bending your hip more than ninety degrees.**

6. **Short Arc Quads:** With your knee bent over a towel roll, straighten your knee by tightening the muscles in the front of your thigh. Hold for five seconds, and then lower your foot back down.



7. **Hip Abduction:** Lying flat, complete a quad set to lock your knee, and move the operated leg out and then back to midline.

8. **Straight Leg Raises:** With your non-operated knee bent to take the strain off your back, complete a quad set to lock your knee, and raise the leg twelve inches off the bed. Hold for five seconds, and then lower your leg back down.



## **SITTING EXERCISES**

1. **Knee Extension:** Sit in a chair with the back of your thigh well supported. Straighten your knee, and hold five seconds before lowering it down.

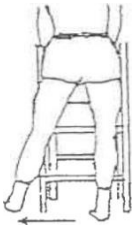


## **STANDING EXERCISES-** hold onto solid surface for balance and stability

1. **Toe Raises:** Hold onto a chair and rock back onto your heels and raise your toes up.



2. **Heel Raises:** Hold onto a chair and rock forward onto your toes lifting your heels up.



3. **Hip Abduction:** Use a chair for maintaining your balance. Slowly move your leg out to the side, keeping your knee straight and your trunk upright. Return to starting position and repeat.

4. **Hip Extension:** While holding onto a chair for stabilization, extend your surgical leg behind you, keeping your knee straight and your trunk upright. Return to the starting position and repeat.



5. **Hip Flexion:** Hold onto a chair and bring your surgical leg forward, keeping your knee straight and trunk upright. Return to starting position and repeat.

6. **Hamstring Curl:** Stand holding the back of a chair for balance and support. Keeping your thigh in the same position (knees in line with each other), slowly bend your knee by raising your heel toward your buttock. Continue as far as you can, and then return your foot to the ground and repeat.



7. **Single Leg March:** Stand, holding onto the back of a chair. Slowly lift your surgical hip and knee up **but less than 90 degrees**. Return to starting position and repeat.

## Example Daily Activity Flow Sheet Following Hip Surgery

Time	Ankle Pumps (Hourly)	Bed Exercises (2-3 times each day)	Sitting Exercises (2-3 times each day)	Standing Exercises (2-3 times each day)	Walking (Every other hour)	Rest, Ice and Elevate (Between exercise sessions)
8:00 am	✓	x10			3 minutes	
	✓					✓
10:00 am	✓		x10	x10	3 minutes	
	✓					✓
12:00 pm	✓	x10			4 minutes	
	✓					✓
2:00 pm	✓		x10	x10	5 minutes	
	✓					✓
4:00 pm	✓				3 minutes	
	✓					✓
6:00 pm	✓		x10	x10	3 minutes	
	✓					✓
8:00 pm	✓	x10			5 minutes	
						✓

## Daily Activity Flow Sheet Following Hip Surgery

[illegible]

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## Daily Activity Flow Sheet Following Hip Surgery

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## Daily Activity Flow Sheet Following Hip Surgery

<b>Date:</b>						
Time	Ankle Pumps (Hourly)	Bed Exercises (2-3 times each day)	Sitting Exercises (2-3 times each day)	Standing Exercises (2-3 times each day)	Walking (Every other hour)	Rest, Ice and Elevate (Between exercise sessions)



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