

Pre-Op Instructions & Exercises
to Enhance Your Recovery

Preparing for your HIP REPLACEMENT



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FOR YOUR CONVENIENCE, ADD ME TO YOUR HOSPITAL BINDER

PREPARING FOR YOUR HIP REPLACEMENT

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WHAT IS TOTAL HIP REPLACEMENT?

Total hip replacement is a surgical procedure referred to as total hip arthroplasty (THA). Worn, diseased, or damaged surfaces of a hip joint are removed and replaced with artificial components. In this procedure, the head of the femur is removed along with the surface layer of the socket in the pelvis. The head of the femur is replaced with a metal titanium or cobalt-chrome ball and stem. The socket is replaced with a plastic polyethylene or a metal and plastic cup. The new joint works much like a natural hip. However, until it heals, your new hip will have limited movement and function. You may also have some discomfort. However, having a new hip means you'll no longer experience arthritic pain in that joint, and in time, you can return to activities that you enjoy.

PREPARE AHEAD FOR RECOVERY

The recovery process can be aided by planning ahead, by practicing exercises, and use of a walker or crutches before surgery and making modifications in your home.

Tips/Recommendations:

- add pillows to low chairs to assist you with standing up, or purchase risers for under legs of chairs
- remove throw rugs, electrical cords, and other obstacles
- store commonly used items within reach, between waist and shoulder level
- use non-slip bathmats on floors
- use an elevated toilet seat or commode*
- sit on a bath bench or shower chair* while you bathe
- use a handheld showerhead for easier bathing
- if bedroom is upstairs, consider sleeping in a "main floor" bed temporarily
- You will be utilizing an assistive device (walker or crutches*) for walking for a period after surgery. You may want to have these ahead of time

*These items may be available for loan at the Senior Center. They can also be purchased at Healthcare Accessories or online.

Identify a Caretaker:

Make arrangements to have someone transport you safely home after surgery and to stay with you for a few days if possible.

Quit Smoking:

Smoking can prevent/delay bone, tissue, and skin from healing and can make it more difficult for the body to fight off infection. However, research shows that if you quit smoking before surgery, your risk of complications goes down. If you need help quitting smoking - ask about our Smoking Cessation Program.



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Weight Management Prior to Surgery:

Excess weight can increase your risk of infection and other complications. To the extent that you're able, we will encourage you to get in shape before surgery. We do understand that part of the reason you may need knee replacement surgery is due to your physical abilities being limited.

Aim for a reasonable, realistic weight loss goal. Consider achieving this goal through reduced calorie intake in addition to regular physical activity.

Options to Consider:

- controlling portions
- drinking enough water
- eating at regular times throughout the day
- eating slowly
- eating your calories instead of drinking them
- researching how many calories are in what you are eating

POST-OPERATIVE CONCERNS

- bruising/discomfort/swelling: this will likely increase when you get home
 - *continue ice and elevation*
- some difficulty sleeping
- constipation associated with pain meds
 - *Communicate needs to physician, consider stool softeners, prune juice, etc.*
- the "blahs": poor stamina with rapid fatigue, decreased appetite
 - *monitor health*
- use ice/cold packs 15-20 min 3-5x/day; elevate leg above heart with pillows
 - *if you received a cryo cuff ice cooler, use as instructed on cooler instructions, or by therapist in hospital*

IMPORTANT RULES FOR TOTAL HIP REPLACEMENT

- **AVOID** extending the hip beyond neutral position, in the first 6-8 weeks after the operation
- **AVOID** turning the operated leg inward; try to keep your toes straight forward when walking, sitting or lying down

PREPARATION FOR YOUR HOSPITAL STAY

- Take rubber soled shoes that are easy to take on and off. It is better to have a good fitting slip-on rather than lace up/tie shoes. Take into consideration your foot may be swollen after surgery. Make sure the shoe offers a decent back (heel counter) to support your heel



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- take the name and number of your family doctor and pharmacy
- You will receive Physical & Occupational Therapy during your hospital stay. Usually, you will need Physical Therapy after you are discharged from the hospital
 - if choosing to have your therapy at JRMC, we will gladly schedule that appointment before surgery
 - if choosing to have your therapy elsewhere, we suggest you call that organization to schedule an appointment after your surgery
- Your length of stay is determined by your Orthopedist and the treatment team. You will be discharged once your goals are met and your treatment team has deemed you safe to return home. Your discharge plans will be under constant review and communicated to you clearly on an ongoing basis during your stay
- While most people do very well, some patients need to transition to sub-acute care (swing bed or nursing home) before going home. This care **MUST** be approved by your insurance company in accordance with their guidelines. If this care is not approved, you always have the option to pay privately

YOUR PRE-OPERATIVE EXERCISE PROGRAM

The better prepared you are before surgery, the easier your rehabilitation will be. Preparatory exercises give you strength and skills you will need after surgery and can improve your general fitness and how you feel before surgery. It is important to build muscles in your arms as well as your legs in order to support your weight while using a walker or crutches. **For your benefit, make your recovery quicker and more comfortable by performing the following exercises. This program is designed to assist you in regaining your mobility and strength following surgery.**

The following exercise program is designed to build strength and ease your recovery. Unless instructed otherwise by your Physical Therapist, try to perform each exercise 5-10 repetitions each once daily. Then increase to a total of 30 repetitions or 3 sets of 10, 1-2 times daily.

Call your Physical Therapist if:

- any exercise causes increased pain or swelling in your hip or any other joint or area of your body
- you are not sure how to safely perform the exercises
- if you have any further related questions or concerns regarding your program

Discontinue any exercise if it causes sharp or increased pain, dizziness, chest pain, shortness of breath, or any unusual symptoms and contact your physician.



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STEP 1



STEP 2



Long Sitting Ankle Pumps

REPS: 10-30 | WEEKLY: 7x | DAILY: 2x

Clinician Notes:

You can do this sitting (as shown) or lying on your back.

Movement

- Slowly pump your ankles by bending your feet backward and forward.

Tip

- Try to keep the rest your legs relaxed while you move your ankles.

STEP 1



STEP 2



Supine Quad Set

REPS: 10-30 | HOLD: 5 | WEEKLY: 7x | DAILY: 2x

Clinician Notes:

You can do this lying down (as shown) or sitting up.

Setup

- Begin with your surgical leg straight with your knee resting on a towel roll.

Movement

- Gently squeeze your thigh muscles, pushing the back of your knee down into the towel.

STEP 1



STEP 2



Supine Isometric Hamstring Set

REPS: 10-30 | HOLD: 5 | WEEKLY: 7x | DAILY: 2x

Clinician Notes:

You can do this lying down (as shown) or sitting up.

Setup

- Begin with surgical leg bent.

Movement

- Gently press your heel into the ground. Without moving your leg, contract your muscles as if you were pulling your heel toward your buttock.

Tip

- Make sure not to arch your low back during the exercise.



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STEP 1



Supine Gluteal Sets

HOLD: 5 | **REPS:** 10-30 | **WEEKLY:** 7x | **DAILY:** 2x

Setup

- Begin lying on your back with your hands resting comfortably.

Movement

- Tighten your buttock muscles, then release and repeat.

Tip

- Make sure not to arch your low back during the exercise or hold your breath as you tighten your muscles.

STEP 1



STEP 2



Supine Heel Slide

REPS: 10-30 | **WEEKLY:** 7x | **DAILY:** 2x

Clinician Notes:

You can do lying on your back (as shown) or sitting up. Make sure if doing in seated position to watch hip precautions.

Setup

- Begin with your legs straight.

Movement

- Slowly slide one heel toward your buttocks, then slide it back out and repeat.

Tip

- Make sure not to arch your low back or twist your body as you move your leg.

STEP 1



STEP 2



Supine Knee Extension Strengthening

REPS: 10-30 | **WEEKLY:** 7x | **DAILY:** 2x

Clinician Notes:

Do this exercise in slow, controlled manner.

Setup

- Begin lying on your back with your surgical knee resting on a bolster or towel roll.

Movement

- Straighten your knee by contracting your thigh muscles, keeping the back of your knee on the ball.

Tip

- Make sure not to arch your back during the exercise.



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STEP 1



STEP 2



Supine Hip Abduction

REPS: 10-30 | WEEKLY: 7x | DAILY: 2x

Setup

- Begin with your legs straight and toes pointing up towards the ceiling.

Movement

- Move your surgical leg out to the side as far as you can without bending at your side.

Tip

- Make sure to keep your toes pointed up.

STEP 1



STEP 2



Seated Long Arc Quad

REPS: 10-30 | WEEKLY: 7x | DAILY: 2x

Setup

- Begin sitting upright.

Movement

- Slowly straighten one knee so that your leg is straight out in front of you. Hold, then lower it back to the starting position and repeat.

Tip

- Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Standing Heel Raise

REPS: 10-30 | WEEKLY: 7x | DAILY: 2x

Setup

- Begin in a standing upright position with your feet shoulder width apart. Use walker for balance if needed.

Movement

- Slowly raise both heels off the ground at the same time, then lower them down to the floor.

Tip

- Make sure to keep your upper body still and avoid gripping with your toes.



STEP 1



STEP 2



Standing Hip Flexion March

REPS: 10-30 | **WEEKLY:** 7x | **DAILY:** 2x

Setup

- Begin in a standing upright position with your feet shoulder width apart and hands resting on your hips or walker for balance.

Movement

- Lift your surgical leg forward with your knee bent and then lower it to the starting position and repeat.

Tip

- Make sure to keep your back straight and do not let it arch as you lift your leg.

STEP 1



STEP 2



Standing Hip Abduction

REPS: 10-30 | **WEEKLY:** 7x | **DAILY:** 2x

Setup

- Begin in a standing upright position. Use walker for balance if needed.

Movement

- Lift your surgical leg out to your side, then return to the starting position and repeat.

Tip

- Make sure to keep your moving leg straight and do not bend or rotate your trunk during the exercise.
- Keep toes pointed forward and not turned to the side.

STEP 1



STEP 2



Standing Knee Flexion Strengthening at Chair

REPS: 10-30 | **WEEKLY:** 7x | **DAILY:** 2x

Setup

- Begin in a standing upright position. Use walker for balance if needed.

Movement

- Slowly bend your knee, lifting your surgical foot as far as possible, then lower it back to the floor and repeat.

Tip

- Make sure to maintain your balance, keep your hips level, and back straight during the exercise.



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STEP 1



STEP 2



Mini Squat

REPS: 10 | **WEEKLY:** 7x | **DAILY:** 2x

Setup

- Begin in a standing upright position, with your feet slightly wider than shoulder width apart. Use walker for balance if needed.

Movement

- Bend your knees and hips into a mini squat position, then straighten your legs and repeat.

Tip

- Make sure to keep your back straight and do not let your knees bend forward past your toes.

