

Things to think about with regards to your home and recovery:

1. Keep hallways and pathways clear of clutter and other tripping hazards (cords, clutter, etc)
2. Remove throw rugs or tape down edges to prevent catching on the walker legs.
3. Make sure you have a well-lit path from bed to bathroom as you will have to get up and go to the bathroom in the middle of the night more than normal (this is how the body gets rid of swelling). You will be on narcotic pain medication, so you may feel a little off balance when you first get up, give yourself plenty of time to get to the bathroom safely as you will move slower than normal.
4. Make sure your linens are clean particularly prior to getting the bandage off and staples out at your post-op appointment with the surgeon. Doing so will decrease the risk of infection.
5. Perform home exercises 2-3 times per day after your surgery. Take your pain medication 30-45 minutes prior to performing your exercises.
6. Your new hip is no more susceptible to injury than any other part of your body, so although you will feel pain, **YOU ARE NOT DOING DAMAGE** by pushing yourself during your prescribed exercises.
7. Sleeping: Your hip will be most comfortable with you on your back rather than laying on your side. Elevating the leg on a pillow or two is a good idea for swelling control, but you will not be able to stay that way all night. If you'd like to sleep on your side, put a pillow between your knees for comfort. Your hip will wake you up. It's asking to move, so do a few of your exercises and/or get up and go for a short walk around your house then try to go back to sleep. You will have better luck going back to sleep doing this than tossing and turning trying to get comfortable.
8. Elevate your leg with the ankle above the knee and the knee above the hip to create a downward slope to help reduce swelling.
9. Stairs: Go upstairs leading with the non-surgical side first. Go downstairs with the surgical side stepping down first. Use hand railings, a cane, another person for support and assistance.
10. Physical Therapy: Expect to be in physical therapy 2 times per week for 6-8 weeks. Depending on where you go for therapy, session time and frequency may vary, but plan for about 1 hour. It would be wise to take your pain medication 30-45 minutes prior to your PT appointment.
11. Ice: Keep ice on for 20-30 minutes then remove it and allow the hip to return to normal body temperature before reapplying. You should be icing at least 3-4 times per day for the first few weeks, as often as hourly as needed due to pain and swelling.
12. Showering: immediately after surgery, you will have a waterproof dressing over the incision. Make sure it is intact and isn't peeling up around the edges prior to taking a shower.
13. Bruising and swelling are normal after surgery, we need to keep them under control with ice and elevation.
14. **PRECAUTIONS:** Some surgeons have precautions (movements you're not allowed to do with your new hip), but some surgeons do not. This is **VERY IMPORTANT**, so make sure you know whether your surgeon has given you precautions or not. (Example: no bending past 90 degrees, no crossing your legs, no pointing toes inward)

Basic Total Hip Exercises

All stretches should be gentle and not create sharp pain or discomfort. Discontinue stretches and consult your physician if you have a significant increase in pain or symptoms.



Quad set

Lay on your back on the bed/couch with legs out straight. Gently press the knee down into the bed and you should feel a stretch in the front of the hip. If you cannot get your leg flat put a small towel roll or pillow under the knee and press into that to help the hip get straighter.

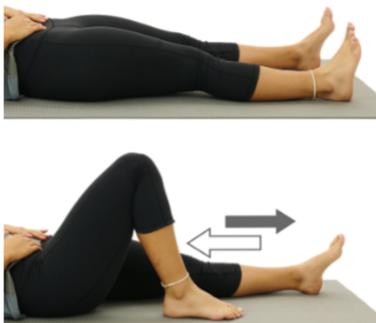
Hold for 5 seconds
Repeat 10 times
Perform 2-3 times per day



Gluteal set

Squeeze your bottom tight, like pinching a quarter between your cheeks.

Hold for 5 seconds
Repeat 10 times
Perform 2-3 times per day



Heel slide

Lay on your back with legs out straight, slide the affected heel towards your buttock as you bend your knee. You can use a belt or a strap to assist with the movement initially if necessary.

Hold for 2 seconds
Repeat 10 times
Perform 2-3 times per day



Hip abduction

Lay on your back with your legs out straight. Slide the affected leg out to the side like a windshield wiper. Only slide as far out as comfortable, generally 6-8 inches initially after surgery. Allow the leg to be heavy on the bed to slide, do not try and lift to help the leg as this will hurt more and use the incorrect muscle.

Hold for 2 seconds
Repeat 10 times
Perform 2-3 times per day