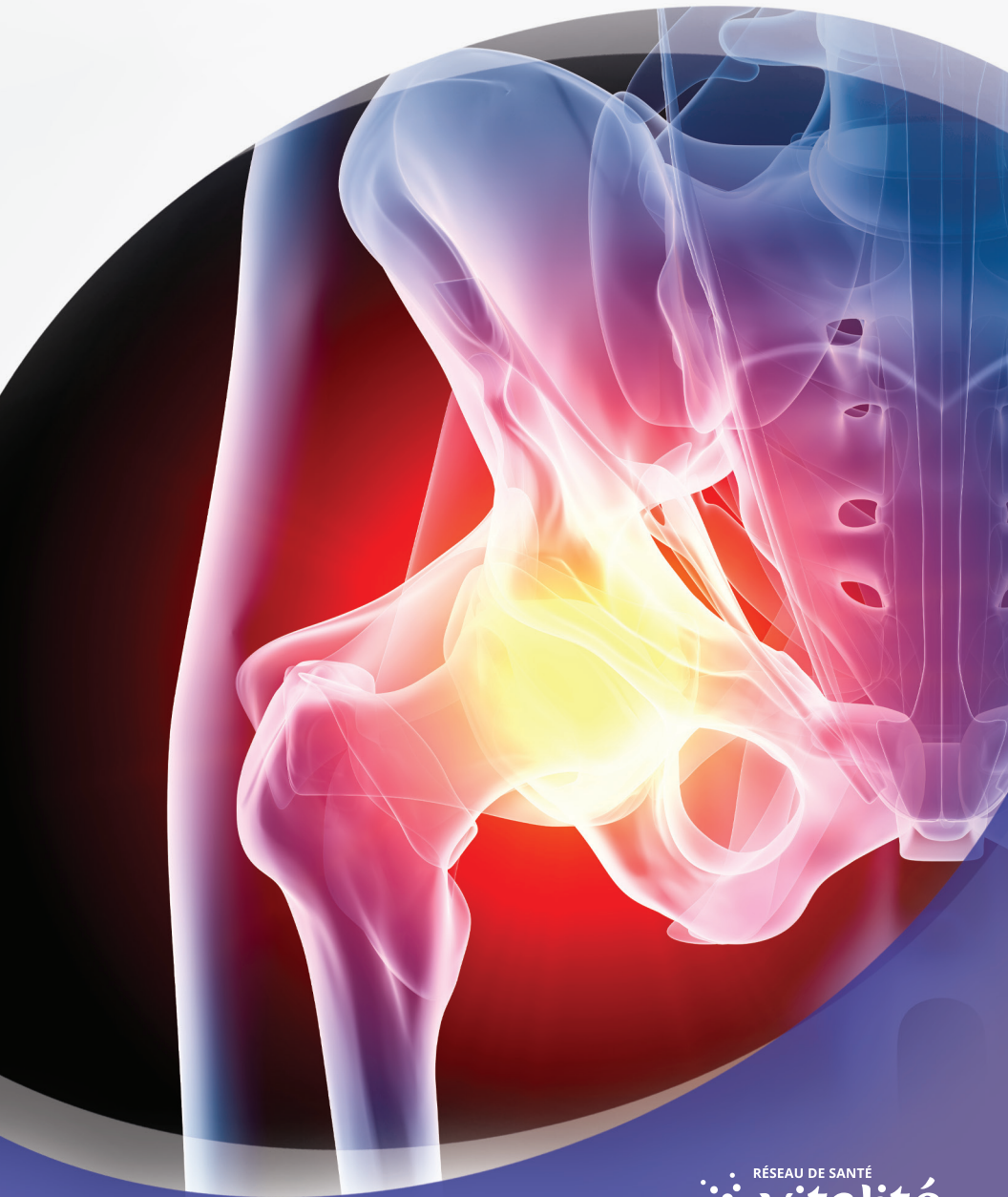


Total Hip Replacement

Patient Guide and Exercise Program





Before surgery

Get prepared:

Arrange to get a walker (with four wheels or two wheels) and a cane. Rent or purchase these items from a pharmacy or specialized store.

The Red Cross is also sometimes able to loan these items to individuals over 65 years of age: www.redcross.ca/in-your-community/new-brunswick

- Moncton : 506-863-2650
- Tracadie : 506-395-2010
- Bathurst : 506-548-2824
- Campbellton : 506-759-8523
- Edmundston : 506-736-0050

Learn the exercises shown at the end of this guide and start doing them immediately. They will be of great help to you in recovering after your surgery.

Get your home ready to make your return from hospital easier:

- Do the housework;
- De-clutter areas where you move around in your kitchen, bedroom and bathroom;
- Prepare a few meals in advance;
- Ask someone to drive you to your medical appointments (e.g. for physiotherapy).

Bring to hospital:

- Closed shoes with laces (sneaker type);
- Underwear for three or four days;
- Comfortable clothing.
- Your walker;



You will be given a hospital gown at the start of your stay to facilitate your treatment.

After surgery

Day 0 – Day of surgery

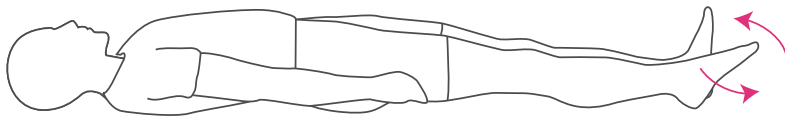
After your surgery, you will spend a few hours in the recovery room and then be transferred to your room. A nurse will be there to help you.

If you wish, you can get up on the day of your surgery, with help from the staff, to sit in a chair or go to the washroom.

Start your exercises to promote circulation in your legs.

Exercises to promote circulation

- Do circles with your feet.
- Wiggle your toes.
- Point your foot upward toward you, then downward toward the mattress.
- Repeat 30 times.
- Do these exercises several times a day.



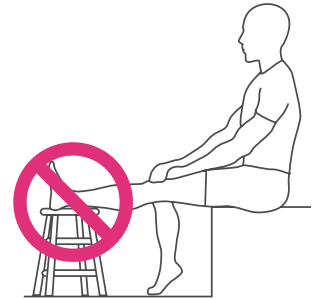
Day 1 – Day after surgery

You will start your rehab with the physiotherapist. The physiotherapist will show you the exercises to do and the movements to avoid after your surgery.

The physiotherapist will help you do the following:

- Practise your exercises;
- Learn to properly adjust your walker to the crease of your wrist;
- Start walking with your walker;
- Put weight on your operated leg as per your orthopedic surgeon's recommendations.
- Learn to sit in a chair. Time spent sitting in a chair is very important for recovery after a total hip replacement.

- After your surgery, avoid resting your foot on your operated side on a stool.
- Put ice on your operated side for 15 or 20 minutes, 4 or 5 times per day, after your exercises and at other times to reduce the pain and swelling.



Day 2 and beyond

- Continue your activities from day 1.
- Walk a little further with your walker each day.
- Learn to go up and down stairs with the physiotherapist's help.
- **Remember:**
 - To climb up, your good leg goes up first;
 - To climb down, your operated leg goes down first.
 - A tip to remember this is, "**the good go up to heaven and the bad go down.**"

You must be able to move around safely with the walker before you leave hospital.



Discharge from hospital

You must stay in hospital for one to four days after a total hip replacement. Your surgeon and the care team will decide on the best time for your discharge from hospital.

To leave hospital, you must be able to do the following:

- Walk on your own with a walker;
- Perform your exercises;
- Climb up and down stairs (if you have stairs in your home).



Returning home

You will need to continue physiotherapy at a private clinic or the hospital's outpatient clinic after your return home. The physiotherapist will explain your options before your discharge from hospital.

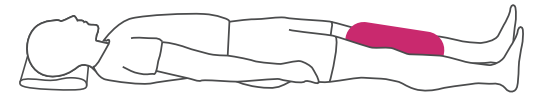
At home, you must do as follows:

- Do the exercises recommended by your physiotherapist;
- Walk with your walker and/or your cane as per your physiotherapist's recommendations.

Recovery may take three or four months after your surgery.

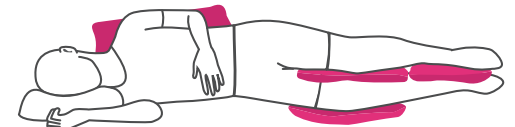
Positions

- You may lie on your back with a pillow between your knees.



- You may also lie on the non-operated side. Lie down and lean back slightly with the following:

- A pillow behind the back;
- One or two pillows between the legs and feet;
- A pillow between the mattress and the knee of the healthy side.



Walking

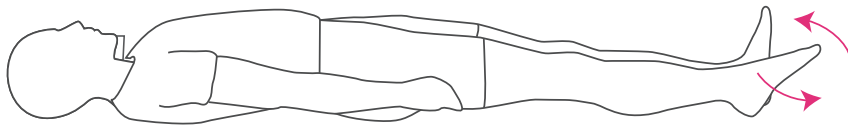
- You may put weight on your operated leg as per your orthopedic surgeon's recommendations.
- Use your walker or your cane (with the approval of your physiotherapist) to help you walk for the first few weeks after your surgery.
- When using a cane, hold it on your non-operated side.

Exercises for the purpose of your surgery

Do these exercises every day, once or twice a day, as you can tolerate them.

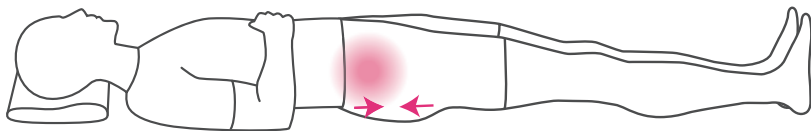
1. Exercises to promote circulation

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- Repeat 30 times.
- Do these exercises several times a day.



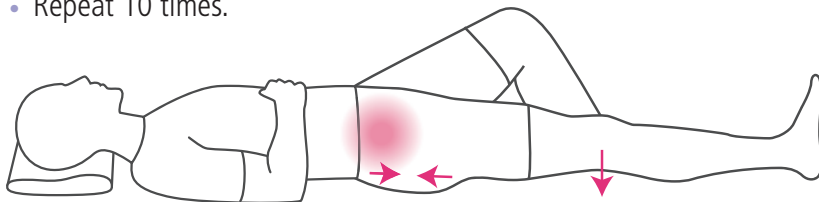
2. Isometric gluteal (lying down)

- Tense your buttocks for 5 seconds, then release.
- Repeat 10 times.



3. Isometric quadriceps (lying down)

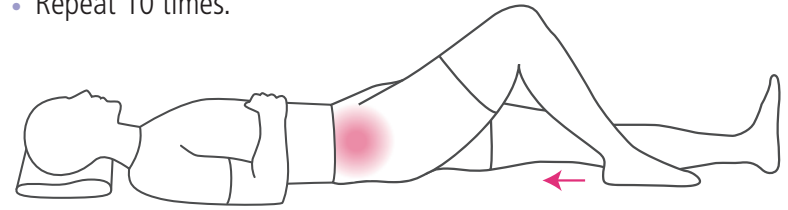
- Stretch out your leg and press the back of your knee against the mattress while tensing your thigh muscles.
- Hold for 5 seconds, then release.
- Repeat 10 times.



4. Knee bend (position couchée)

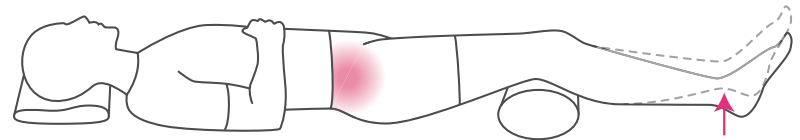
CAUTION! For surgery with posterior approach only.
DO NOT do if anterior approach was used.

- Lie on your back or sit on a bed.
- Slide your heel toward you on the mattress.
- Hold for 5 seconds, then slowly return to the starting position.
- Repeat 10 times.



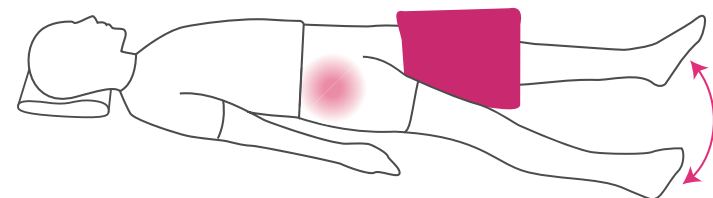
5. Terminal knee extension (lying down)

- Lie on your back with a roll under your knee.
- Pull your toes toward you as you lift your heel from the mattress.
- Try to straighten your leg as much as possible.
- Hold for 5 seconds, then slowly release.
- Repeat 10 times.



6. Hip abduction (lying down)

- Extend your legs.
- Slide them outward.
- Hold for 5 seconds and return to the starting position, keeping your toes pointed toward the ceiling.
- Repeat 10 times.



Happy recovering!