



Post-Op Hip Instructions

You're having a total hip arthroplasty (THA) also known as a "Hip Replacement". The team at CISM has put together this instruction packet to help you understand what to expect following surgery and what you should be doing to get the best possible outcome from your procedure. If you have any questions or concerns, feel free to call us at (719) 344-9497.

Your Follow-up Appointment is: _____

What to Expect:

Following surgery there are some things to be ready for that are a normal part of the recovery process. These include:

- Pain
- Swelling
- Bruising
- Potential numbness and tingling on the involved leg
- Decreased or no muscle control in the involved leg

As a factor of the symptoms listed above, it is also common to have difficulty sleeping.

Some additional points to be aware of:

- You will have a dressing on your wound. It is important to leave all dressings on until you see your doctor. Steri-strips should fall off on their own and should not be removed early.
- You will be required to move right away. This includes standing and walking on the involved leg. It is ok to put weight through the leg!
- You must begin your exercises immediately. You should NOT wait until a few days after surgery to begin doing the exercises listed below.
- Do not prop the leg up by placing an object (pillow, towel, etc.) under the knee or ankle.

Precautions:

Following a hip replacement there are a few precautions to follow to ensure no issues with your recovery:

- Do not extend the involved leg behind your body
- Do not rotate the involved leg outwards (External rotation)
- Do not cross your legs (use a pillow between legs to roll over)
- Do not kick the involved leg out sideways (Abduction)
- Do not flex the hip past 90 degrees (no more than a seated position)

Icing Instructions:

- Icing helps reduce swelling and pain following surgery
- Ice for no more than 20 minutes at a time with at least an hour between sessions to allow for blood flow to return
- Place a thin barrier (such as a pillowcase or towel) between the ice and your skin
- Ask your CISM representative about your icing options

Home Exercise Program:

It is important to keep moving after surgery to avoid stiffness and excess scar tissue build up. The more you do on your own, the less we have to do for you when you come in for your physical therapy.

The following exercises should be done at least 3 times a day, starting immediately, on the days that you do not come in for your therapy. The sets and repetitions are listed alongside the exercises.



QUAD SETS - ISOMETRIC QUADS

Sit down and straighten your leg and knee. Tighten your top thigh muscle to press the back of your knee downward. Hold this and then relax and repeat.

Repeat 15 Times
Complete 3 Sets

Hold 3 Seconds
Perform 3 Times a Day



HAMSTRING SET

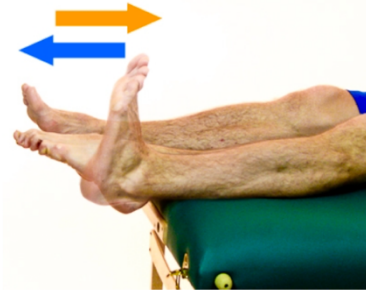
Lie down on your back and then bend your knee. Next, press your heel into the ground and hold. Relax and repeat.

Repeat 15 Times
Complete 3 Sets

Hold 3 Seconds
Perform 3 Times a Day

Ankle Pumps

Bend your foot up and down at your ankle joint



DO NOT put anything under the knee, the leg must remain straight during the exercise.

Note: Keep on doing Ankle Pumps throughout the day, as it is the most important exercise for leg blood circulation, prevents blood clotting and swelling

Repeat 30 Times

Complete 3 Sets

Perform 3 Times a Day

SHORT ARC QUAD - SAQ

Place a rolled-up towel or object under your knee and slowly straighten your knee as you raise up your foot. Lower back down and repeat.



Repeat 15 Times

Complete 3 Sets

Hold 1 Second

Perform 3 Times a Day

GLUTE SET - SUPINE

While lying on your back, squeeze your buttocks and hold. Repeat.



Repeat 15 Times

Complete 3 Sets

Hold 3 Seconds

Perform 3 Times a Day

LONG ARC QUAD - LAQ - HIGH SEAT

While seated with your knee in a bent position, slowly straighten your knee as you raise your foot upwards as shown.



Repeat 15 Times

Complete 3 Sets

Hold 1 Second

Perform 3 Times a Day

Pre-Op Checklist

- Do you have a driver?
- What is your house situation?
 - Pets? _____
 - Flooring? (Carpet, wood, etc.) _____
 - Remove all throw rugs?
- What is your sleeping situation?
 - Near a bathroom?
 - Near a kitchen?
- Do you have stairs?
 - Railing?
 - How many? _____
- Do you have help during the day?
- Pain control?
 - Stay ahead
- Use of a cooling device
 - Ice packs
 - Ice machine