



You play the most important role in your surgery and your recovery.

Total hip replacement - Recovery

Enhanced recovery after surgery program

TO BETTER GUIDE YOU

General advice

The first few days after surgery can be more difficult. This is normal. Follow the instructions you've been given.

Change positions every hour during the first few days after surgery. Moving helps prevent stiffness and keeps your leg flexible.

Walk as often as possible using your walker, according to your doctor's instructions.

You may put weight on your operated leg if your doctor has told you that it's safe to do so

TO BE COMPLETED BY THE NURSING STAFF

Instructions to follow

According to your orthopedic surgeon's recommendations

- ☐ Don't raise your knee higher than your hip
- ☐ Avoid bending forward while sitting, especially when using the toilet or putting on your socks or shoes.
- ☐ While sitting, don't turn your operated leg inwards or cross your legs.
- ☐ **You can move your hip normally.**

Do the exercises

Do the circulation exercises, as indicated in this handout, every hour during the first few days after surgery.

If your leg tends to swell, lie down for 15 minutes, 3 times a day. Keep your leg elevated above your heart level.



Managing your pain

Pain is normal after surgery.

- Take the medication prescribed by your doctor.
- Put ice on your hip for 15 minutes.
- Wait at least an hour before applying ice again to avoid burning your skin.

Tip

Take your medication 30 minutes before to make the exercises easier

Walk after surgery

Try to walk normally with your operated leg. Follow these instructions:

- bend your knee
- put your heel on the floor first, then your toes
- when your foot is on the floor, keep your knee straight
- alternate your steps
- keep your walker close to you
- keep your back straight and look straight ahead

Use your walker

Use your walker during the first few weeks until you regain your strength and experience less pain.

How to adjust your walker?

- While standing, keep your back straight and your arms relaxed at your sides.
- Adjust the height of your walker legs by making sure the hand grips are level with the crease of your wrists:
 - You can put as much weight as needed on the walker with your hands to reduce the weight placed on your operated leg.
 - If the walker was loaned to you, return it according to the instructions provided when it was borrowed.

Stairs

If you have two handrails that are close enough together, use both for support. Otherwise, use the available handrail and a cane. Stay close to the handrail to be more stable.

To go up

Go up one step at a time, with both feet on each step:

- the non-operated leg goes up first
- then bring your operated leg onto the same step
- keep your cane on the same step as your operated leg

To go down

- place your cane first, then place your operated leg on the same step
- then bring your non-operated leg onto the same step
- go down one step at a time

Physiotherapy follow-up

If recommended by your orthopedic surgeon, your physiotherapy follow-up will take place at an outpatient clinic or private clinic in your area.

Exercises

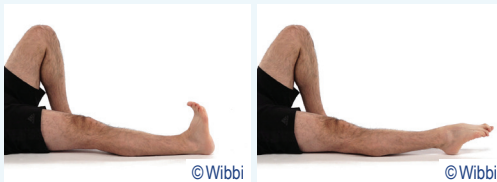
Here are the exercises to do during the first few days after surgery

Do these exercises 2 to 3 times a day, depending on what you can tolerate. Perform the movements slowly to ensure they are done correctly.

Get well soon!

Circulatory exercises

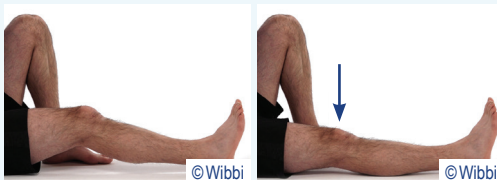
REPETITIONS: **30** HOW OFTEN: **every hour**



- Pull your toes and foot towards you.
- Then point your toes downwards as far as possible.
- Repeat the movements.

Isometric quadriceps

REPETITIONS: **10** HOLD: **5** seconds



In a seated position, with your leg extended:

- Contract the quadriceps muscle at the front of your thigh by trying to push the knee downwards.
- Hold the contraction for 5 seconds. Relax and don't hold your breath.

Isometric gluteal exercises

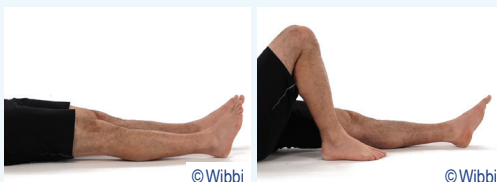
REPETITIONS: **10** HOLD: **5** seconds



- Lie on your back and contract your buttock muscles as tightly as possible.
- Relax and repeat.

Active knee and hip flexion

REPETITIONS: **10** HOLD: **5** seconds



- Lie down on your back with your legs straight.
- Bend one knee as far as possible without using your hands. Hold the position for 5 seconds.
- Keep one foot touching the floor at all times unless your doctor has told you that you have no restrictions.
- Return your leg to the extended position and repeat.

Hip abduction

REPETITIONS: **10** HOLD: **5** seconds



- Lie down on your back, then move one leg out to the side and hold the position for 5 seconds.
- Bring the leg back towards the other leg. Make sure your knee is always pointing upwards while performing the movement.
- Don't use momentum and keep your back straight during the movement.

External hip rotation

REPETITIONS: **10** HOLD: **5** seconds



- Lie down on your back with your knees bent.
- Separate your knees apart from one another as far as you can.
- Hold for 5 seconds, then bring your knees back together.

Glute bridge

REPETITIONS: **10** HOLD: **5** seconds



- Lie down on your back with your knees bent.
- Lift your hips off the floor by contracting your buttock muscles until your body is straight.
- Hold for 5 seconds, then return to the starting position.

Knee extension

REPETITIONS: **10** HOLD: **5** SECONDS



- Place a rolled towel under your knee.
- Lift your foot as high as possible by fully straightening your knee, while keeping your knee in contact with the towel.
- Hold the position for 5 seconds, then slowly lower your leg.