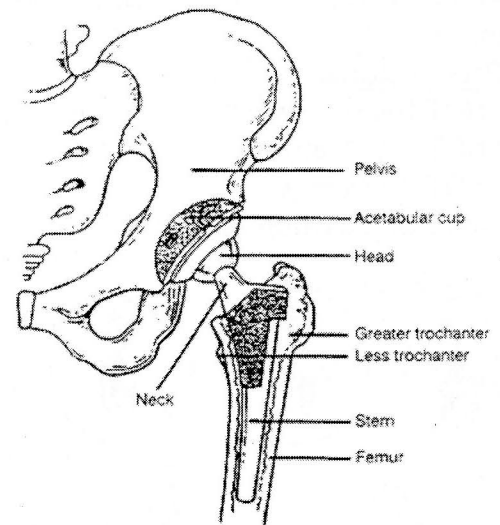


Total Hip Replacement:

A Question and Answer Guide for Patients



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Total Hip Replacement: A Question and Answer Guide for Patients

What happens during surgery?

-A small incision is made on your hip. A ball, usually metal, will replace the head of your thigh bone. A cup will replace your hip socket.

When will Physical Therapy usually begin?

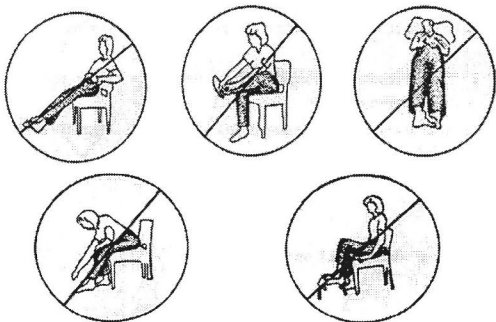
-The day after surgery.

Do I need to take any precautions with my new hip?

-Yes. Your doctor and therapist should go over all the hip precautions with you before and after surgery. Here are some reminders.

Hip Precautions:

- ~ DO NOT bend forward.
- ~ DO NOT internally rotate the hip.
- ~ DO NOT cross legs.
- ~ DO NOT pivot when standing.



Will I be able to walk on my own right away?

-You will not be able to put your full weight on your new hip at first. It is important to find out your "weight bearing status" from your doctor or therapist before walking. You will most likely be using a walker or a rolling walker. Here are a few tips:

- ~ Take small steps.
- ~ Do not lift the walker off of the floor.
- ~ Keep the walker flat on the floor.
- ~ Do not lift the walker when standing up from a seated position.

Do I need a special chair and how do I stand and sit properly?

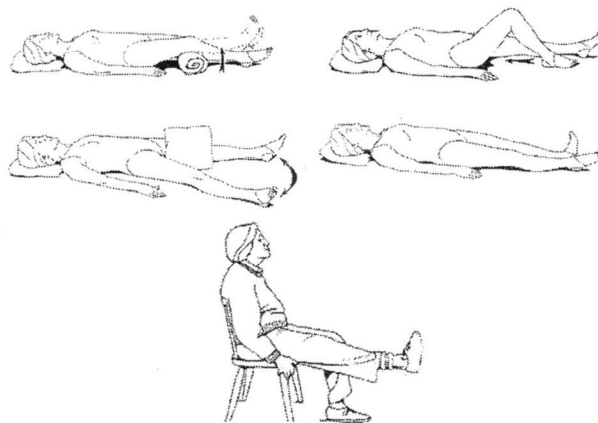
-You will not need a special chair. However, you will need to avoid sofas and recliners. These types of seats will allow your hip to bend too much. The best chair for you to sit would be on a hard chair with a pillow on the seat. Try to sit in a chair with firm arms. This will be beneficial for standing and sitting. Here are things to remember when standing up or sitting down:

To stand: Scoot forward in the chair with your operated leg out in front of you. Do not bend forward. Use both arms to push yourself up to standing and then reach for your walker.

To sit: Back up until you feel the chair against the back of your legs. Slide your operated leg forward and lower yourself slowly into the chair using armrests.

What kind of exercises will I need to do for Physical Therapy?

-You will start out with basic exercises to maintain function and keep you active. Here are a few you will perform:



Remember... The healing process takes time so be patient. If there is ever any discomfort or pain, let your therapist know ASAP.

Important:

If you have any additional questions about your surgery and physical therapy, please ask your doctor and physical therapist. They are there to help you learn and heal.

Good Luck and remember those hip precautions!