

PHYSIOTHERAPY AFTER HIP REPLACEMENT



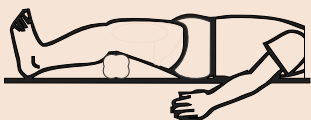
P. D. HINDUJA HOSPITAL
& MEDICAL RESEARCH CENTRE

Total Hip Replacement

The hip is one of your largest weight bearing joint. It consists of two main parts a ball that fits into the rounded socket in your pelvis.

The hip joint may be damaged by arthritis or dislocations making walking painful and difficult.

Total hip replacement surgery helps to relieve pain and stiffness. The following sets of exercises helps to regain strength and mobility after total hip replacement surgery.



Quadriceps Sets

Place a small towel or pillow below your knee and tighten your thigh, try to straighten your knee, hold for 5 counts. Repeat this set 10 times every hour.



Ankle Pump

Move your foot up & down rhythmically by contraction of calf & shin muscles. Perform this exercise periodically 2-5 times hourly. Continue this exercise until you are fully recovered and lower leg swelling has subsided.



Knee Bending

Slide your foot on the bed.
Do not roll your knee inward.



Buttock Contraction

Try to lift your bottom up hold
for 5 counts and relax.



Slide your leg outward.



Tighten your knee muscle & lift
your leg up.



While sitting at bed side, try to
lift your leg up and down.



Pull your leg inward.

Walking with Walker

Stand comfortably and erect with your weight evenly balanced on your walker. Move your walker forward a short distance. Then move forward lifting your operated leg followed by normal leg. Try to walk as smoothly as you can. With regular walking practice as you gain full strength and balance skill, use cane in the hand opposite the operated side.

Stair Climbing

At first you need hand rail for support. Always lead up a stair with good knee and down the stair with your operated knee.

As you become stronger and more mobile climb stairs foot over foot.

Precautions

- Never cross leg or squat.
- Avoid sitting on low stool
- In side lying position, always keep pillow in between thighs.

For further information or queries contact
Physiotherapy Department 24447255

P. D. Hinduja National Hospital & Medical Research Centre

Veer Savarkar Marg, Mahim, Mumbai - 400 016 (INDIA)
Tel: 2445 1515 / 2445 2222 / 2444 9199 Fax: 2444 9151

info@hindujahospital.com

www.hindujahospital.com

**P. D. HINDUJA HOSPITAL
& MEDICAL RESEARCH CENTRE**