HIP REPLACEMENT
POST-OP EXERCISE BOOK

YOU MUST BRING THIS BOOK WITH YOU TO ALL YOUR THERAPY APPOINTMENTS IN THE HOSPITAL AND TO ALL YOUR OUTPATIENT APPOINTMENTS

You have an appointment to see your surgeon/physiotherapist at the Surgical Assessment Center on:

Licence Plate number ________________________________

If you need to change this appointment, please call 306-766-0401
This booklet will guide you in your physiotherapy journey from after your surgery to your first follow up appointment with your surgeon and outpatient physiotherapy appointments.

If you have any questions or concerns after discharge please call 766-0432.

You will be receiving a phone call from the Surgical Assessment Center 48-72 hours after you are discharged from hospital to check on your recovery.

As part of your recovery, you are expected to complete your prescribed exercises twice a day, practice walking and apply ice as needed to your surgical area.
Use this chart to keep track of your activity

<table>
<thead>
<tr>
<th>Date</th>
<th>Morning Exercises</th>
<th>Ice/Elevation</th>
<th>Afternoon Exercises</th>
<th>Ice/Elevation</th>
<th>Walking as tolerated</th>
<th>Average Pain Today 0-10</th>
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Precautions following Hip replacement surgery

DO NOT BEND your hip past 90°

- Avoid sitting on soft or low furniture or low beds.
- Do not bring your knee towards your chest.
- Do not squat.
- Do not reach forward while sitting.
- Do not reach for items on the floor; use a long-handled reacher.
- Use a sock aid to put on socks and shoes.
- Use elastic shoelaces.

DO NOT CROSS your legs

- While sitting, do not cross your legs at the knees or the ankles.
- In bed, use pillows between your legs when lying on your side. Do not let the operated leg fall over the other leg.

DO NOT TWIST on your operated leg

- When turning, step around instead.
- Avoid dancing or pivoting on the operated leg.
- Keep your nose and toes facing in the same direction.

DO NOT JAR your hip

- Avoid slippery surfaces.
- Wear shoes with a non-slip sole.
- Avoid impact activities like dancing, jumping and sports.

DO NOT PUSH OR CARRY heavy items
Understanding Your Pain

There are several things that contribute to pain and management. Up to now, you have been experiencing “arthritic pain”, which is often described as a dull aching pain. This pain should cease with surgery. Post operatively, you will be experiencing pain for a different reason – this is “surgical pain”. This will improve with time.

How to Reduce Pain and Swelling

Ice and Heat

• Apply ice for 10-15 minutes to the operated hip, especially after exercise. You can use ice as needed every 1-2 hours.
• Do not apply heat to your incision area. Talk to your physiotherapist before using any heat.

Pain Medication

• Pain medication should be taken as prescribed in hospital.
• It is important that your pain is controlled so that you can complete your 2 exercise sessions every day.
• Take your pain medication 30-45 minutes before your exercise session.

Swelling Control

• You can help control/reduce the swelling in your hip by elevating the leg above the level of your heart.
• Elevate your entire leg by placing pillows underneath the entire operated leg, not just under the knee.
WALKING

Soon after surgery you will begin to walk short distances in your room. It is important to know your ‘weight bearing status’ when you begin to walk. This means how much pressure you can put on your operated leg.

YOU MUST CONTINUE USING YOUR WALKER OR CRUTCHES FOR SIX WEEKS AFTER SURGERY

Your surgeon or physiotherapist will instruct you when to start using a cane.

Weight Bearing As Tolerated:

Stand up straight as you can. You are allowed to put as much weight as you feel comfortable with on your operated leg.

Partial Weight Bearing:

You are allowed to put a maximum of 50% of your body weight through the operated leg.

How much should I be walking/standing?

Start with walking short distances in the hospital. Once discharged, gradually increase your walking in your house, within your tolerance. Prolonged standing can also increase your pain. An increase in hip pain and swelling, or an increase in night pain may indicate you have been doing too much.

You may begin walking short distances outside your house when tolerated, continuing to use your walker or crutches. Gradually increase this distance, respecting your pain.
Sit to Stand

When rising from a seated position you must place the foot of your operated leg ahead of the other foot. Put most of the weight through your arms and non-operated leg as you push up into a standing position.

Walking with your walker:

Keep your head up. Advance the walker about an arm’s length away. Step halfway into the walker with your operated leg, followed by your non-operated leg. Stand up tall and straight. Wear good supportive footwear with non-slip soles whenever possible.
STAIRS

Going Up

1. Hold the handrail with one hand and a cane or crutch in the other.
2. Step your non-operated leg up first. Then bring your operated leg and the cane or crutch up onto the step.

Going Down

1. Hold the handrail with one hand and a cane or crutch in the other.
2. Step down with your operated leg, along with your cane or crutch. Then step down with your non-operated leg.
My Hip is Getting More Stiff and Sore! What do I do?

If you experience the following after you are discharged from hospital, see your family doctor or walk-in clinic ASAP:

- Increasing redness and/or increased temperature around your hip
- Increased incision drainage
- Generally feeling unwell

If you are experiencing an increase in hip stiffness and no increase in range of motion are you doing the following:

- **Doing enough exercises?** If your hip is becoming more stiff you should increase the frequency of exercises you are doing. It is necessary to hold the stretch for 20-30 seconds at the end of your range of motion. It is normal to have pain while doing the exercises.
- **Taking your pain medication as prescribed in the hospital?**
- **Icing your hip frequently?** You should ice your hip for 10-15 minutes, especially after the exercises. You can ice every 1-2 hours.
- **Elevating your leg above the heart level?** Ensure you are laying down with your entire operated leg elevated for 20 minutes, 2-3 times per day.
- **Doing too much other activity?** Often a sudden increase in activity is the reason for an increase in hip swelling and stiffness. Take more rest breaks.
- **Staying in one position?** Be sure to change positions regularly as staying in one position for too long can increase your stiffness.
Immediate Post Op Exercises

Breathing Exercises

• Sit or lie down.
• Inhale deeply through your nose.
• Without exhaling, take 3 small “sniffs” to fill your lungs.
• Hold 2 to 5 seconds, then exhale.

Do this 10 times every hour that you are awake while in hospital.

Circulation Exercises

• Pump your feet up and down.

Do this 10 times every hour that you are awake while in hospital.
Knee Squeezes

- With your legs straight out in front of you, squeeze the muscles on the front of your thighs and buttock muscles.
- Hold for 3 seconds. Relax.
  Repeat 10 times, 3-4 times per day.

Ankle circles

Do ankle exercises in each direction
Do this 10 times every hour that you are awake while in hospital
Hip Exercises

You will begin these exercises while in hospital and will continue to do them at home once discharged. Do only the checked exercises.

Seated Knee Straightening

1. Sit in a chair or on your bed with good posture.
2. Pull the toes up and straighten your knee.
3. Hold for a count of five then slowly lower your foot.
4. Alternate with the other leg.
5. Start with 10 repetitions. Gradually progress to 30 repetitions on each leg, 2 times per day.

Knee Squeezes

1. Lie on your back with your legs straight. You can place a small roll under your knees.
2. Pull your toes up, push the backs of your knees down tightening your thigh muscles. Gently squeeze your buttock muscles as well.
3. Hold for a count of 5, then relax.
4. Start with 10 repetitions. Gradually progress to 30 repetitions, 2 times per day.
**Knee Straightening**

1. Lie on your back with a roll under your knees. The roll should be about 6-8 inches in diameter – a coffee can works well.
2. Pull your toes up and lift your heel off the bed, straightening your operated knee. Keep the back of your knee on the roll.
3. Hold for a count of 5, then slowly lower the foot.
4. Alternate with the other leg.
5. Start with 10 repetitions. Gradually progress to 30 repetitions, 2 times per day.

**Knee and Hip Bending**

1. Lie on your back.
2. Keep your toes pointed towards the ceiling as you slide the heel of your operated leg towards your buttocks.
3. Hold for a count of 5 then slowly slide your foot back to the starting position.
4. Alternate with the other leg.
5. Start with 10 repetitions. Gradually progress to 30 repetitions on each leg, 2 times per day.
**Sideways Leg Slide**

1. Lie on your back
2. Keep your toes and kneecap pointed towards the ceiling as you slide your legs apart.
3. Hold for a count of 5, then slowly slide your legs back to the middle.
4. Start with 10 repetitions. Gradually progress to 30 repetitions, 2 times per day.

**Hip Stretch**

1. Sit on the end of your bed. Place the foot of your non-operated leg on a small step stool.
2. Lay back on the bed, letting the operated leg hang down.
   You should feel a stretch in the front of your operated leg.
3. Relax in this position for 5 minutes. Do not swing the operated leg back and forth.
   Do this stretch 2-3 times per day.

If the stretch is too intense, place more pillows under your head and shoulders.
DO NOT

progress to the following exercises
until directed by your physiotherapist
**Mini-Squat**

1. Stand tall with good posture, feet shoulder width apart
2. Using chair or counter for balance, initiate squat by bending at the hip
3. Bend knees slightly lowering into a mini-squat
4. Do not bend your hip past 90 degrees!
5. Hold the squat position for a count of 5 then return to standing.
6. Do ______ sets of ______ repetitions.

**Standing Hip Extension**

1. Use a chair or counter for support.
2. Keeping your knee straight, lift the leg backwards from the hip. Keep your toes pointing forward.
3. Do not bend forward at the hip – keep your trunk upright.
4. Hold the leg lift for a count of five, then return to the starting position.
5. Do ______ sets of ______ repetitions on each leg.
   - Progression: Add a resistance band or ankle weight.
**Standing Hip Abduction**

1. Use a chair or counter for support.
2. Keeping your toes pointed forward, lift one leg out to the side.
4. Hold the leg lift for a count of five, then return to the starting position.
5. Do ______ sets of ______ repetitions on each leg.
   - Progression: Add a resistance band or ankle weight.

**Standing Hip Flexion**

1. Use a chair or counter for support
2. Stand on your non-operated leg and lift your operated leg off the floor, bending at the hip and knee.
3. DO NOT bend past 90 degrees at the hip.
4. Do ______ sets of ______ repetitions
   - Progression: Add an ankle weight or resistance band
Marching

1. Stand tall with good posture
2. Bend at the hip and knee to lift one leg off the floor. Alternate legs so that you are marching on the spot.
3. Do not bend your hip past 90 degrees unless instructed to by your physiotherapist.
4. Do this exercise in front of a mirror to ensure you are not rocking from side to side.
5. Do ______ sets of ______ repetitions

Hip Hike

1. Stand with good posture on a step that has a railing or wall for support.
2. Keep the operated leg on the step and slowly lower the non-operated leg partway towards the floor.
3. Keep your upper body straight and return to the starting position.
4. Do ______ sets of ______ repetitions
**Balance**

1. Use a chair or counter for support.
2. Lift one leg off the floor, maintaining your balance.
3. Try to hold the position for 5 seconds to start, work up to holding the position for 30 seconds.
4. Do ______ repetitions on each leg.

**Step Up Taps**

1. Stand in front of a step
2. Shift weight to non-operated leg.
3. Lift operated leg and tap foot on step, then return foot to starting position.
4. Do ______ sets of ______ repetitions.
   - Progression: Stand on operated leg and lift and tap non-operated leg on step.
**Lateral Step Up**

1. Stand sideways next to a step with the operated leg on the bottom step.
2. Step up by straightening the knee of the operated leg.
3. Slowly lower the non-operated leg back to the floor by bending the operated knee.
4. Do ______ sets of ______ repetitions
   - Progression: Place a resistance band around the knee of the operated leg

**Sidelying Hip Abduction**

1. Lay on your non-operated side with a pillow between your knees. Bend the bottom knee for support.
2. Keeping your toes pointed forward, lift the top leg.
3. Keep your pelvis rolled slightly forward – do not let your hips roll back.
4. Hold the leg lift for a count of 5, then slowly lower the top leg to the starting position.
5. Do ______ sets of ______ repetitions on each leg.
   - Progression: To make this exercise more challenging, add an ankle weight
**Clamshell**

1. Lay on your non-operated side with a pillow between your knees and your hips and knees slightly bent.
2. Keep your feet together as you separate your knees.
3. Do not let your hips roll forward or back.
5. Do ______ sets of ______ repetitions

**Bridge**

1. Lay on your back with your knees bent and your arms at your sides.
2. Tighten your abdominal muscles then lift your hips off the floor by squeezing your thigh and buttock muscles.
3. Hold the bridge for a count of 5 then slowly lower your hips.
4. Do ______ sets of ______ repetitions
Prone Hip Extension – Bent Knee

1. Lie on your stomach.
2. Bend the knee of your operated leg and lift your leg from the hip towards the ceiling.
3. Keep the front of your hips against the bed.
4. Hold for 5 seconds then return to the starting position.
5. Do ______ sets of ______ repetitions
   □ Progression: Complete the same exercise except with a straight knee
Resuming an Active Lifestyle

Activities allowed at 6 weeks after surgery:
• Cycling on a recumbent bike – ensure the seat is back far enough that your hip is not bending past 90 degrees when pedalling
• Swimming – your incision must be well healed before you swim to avoid infection. No whip kick

Activities allowed at 12 weeks after surgery:
• Golfing
• Gardening – raised garden beds and long handled tools recommended to avoid excessive hip bending
• Sitting in the bathtub – grab bars strongly recommended
• Gentle dancing
• Cycling on a regular bike – raise the seat to prevent excessive hip bending
• Unrestricted sexual activity

Discuss higher impact activities, such as skiing and tennis, with your surgeon. High impact activities such as jogging or racquetball should never be done following your surgery, unless specifically approved by your surgeon.

General Fitness
You can return to the activities you used to do before your surgery, following the guidelines above. Keep your current hip precautions in mind. Remember to start slowly as you will have been less active since your surgery. Start with a few minutes of activity and gradually progress. Low impact activities are best, such as swimming, biking and walking. Talk to your physiotherapist about any specific questions you have.