



**Presbyterian  
Hospital of Dallas**  
Texas Health Resources

# Hip

# Replacement

# Packet



*Anterior*



*Posterior*

**Therapist:**

\_\_\_\_\_  
Physical Therapy (main)  
214.345.7480

**YOUR PHYSICIAN HAS  
DETERMINED YOUR WEIGHT-  
BEARING STATUS TO BE:**

\_\_\_\_\_

# Total Hip Replacements (THR) Bipolar Prosthesis

The following precautions must be respected when positioning or moving the THR patient or patient with a Bipolar Prosthesis to minimize the possibility of dislocation.

## Precautions

NO **T**wisting



NO **L**eaning forward



to the side



or **L**ifting the leg past 90°



NO **C**rossing the operated leg



# DO's and DON'Ts for the Total Hip Patients

## DO:

1. Do your **exercises** 3-4 times a day.
2. Initially, you may **sit** for 20-30 minutes at a time, 4-5 times a day.
3. **Sleep** with the wedge pillow between your legs. Sleep only on your back.
4. **Walk** several times a day (preferably in your house).
5. **Rest** in bed. If rest periods are not taken, your feet and ankles might swell.
6. Use an **elevated commode** chair at all times.
7. Walk in showers are preferred. However, a tub transfer bench is recommended if you will be using a bath tub.

## DO NOT:

1. Do not **sit** in a chair lower than 18 inches (chair height depends primarily on the height of the individual). Keep your feet flat on the floor when sitting. Avoid overstuffed chairs and sofas.
2. Do not **walk** outside or go on car trips until you have spoken with your doctor.
3. Do not **walk** without your assistive device since you may risk unnecessary injury to your hip.
4. Do not use weights of any kind when doing any of your leg exercises.

*Your first appointment will be approximately 2-4 weeks after discharge from the hospital. At that time, some of these precautions will be lifted.*

# ENERGY CONSERVATION/ WORK SIMPLIFICATION

When you leave the hospital and return home, it will be important for you to use your energy efficiently and increase the amount expended gradually. By doing only the necessary things, you will have more energy left over for leisure and recreation.

There are general energy conservation/work simplification techniques which are more specific for particular tasks. The general techniques include the following:

1. **Plan ahead**
2. **Avoid rushing and anxiety**
3. **Take rest breaks**
4. **Set priorities and eliminate unnecessary tasks**
5. **Sit to work whenever possible**
6. **Use both hands whenever possible**
7. **Avoid holding objects for long periods of time**
8. **Avoid lifting**
9. **Avoid pushing and pulling heavy objects**
10. **Arrange work area within a normal reach**
11. **Arrange your environment so that it is comfortable for you to work in it**
12. **Maintain good posture**
13. **Ask for help when you need it**
14. **Avoid extremes in temperature**
15. **Exhale on exertion**
16. **Avoid straining**
17. **Avoid emotional stress**
18. **Wear comfortable clothing**

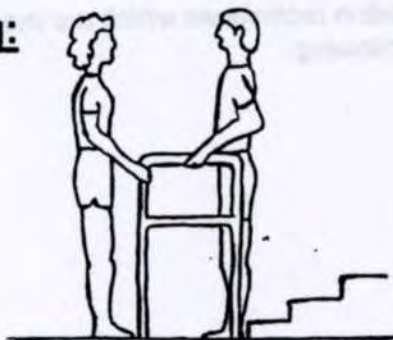
## Work simplification:

- I. **Preliminary Questions for Activity**
  - Why is it necessary?
  - Where is the best place to do it?
  - When is the best time to do it?
  - Who is the best qualified?
  - How can it be done more easily?
- II. **Develop a Simplified Method**
  - Eliminate unnecessary details.
  - Combine motions.
  - Rearrange the sequence.
- III. **Doing the Activity**
  - The way you do the job is important.
  - Don't worry about what you cannot change.
  - Allow time so you won't be rushing.
  - Plan ahead to avoid being overtired.
  - Pace yourself.
  - Use common sense.
  - Encourage family teamwork.
  - Work in a comfortable position.

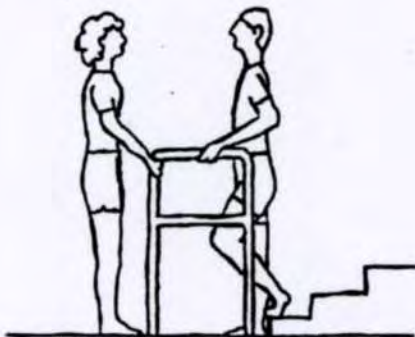
# STAIR CLIMBING WITH A WALKER

Note: This is only an example of one technique for maneuvering on stairs with a walker. Please consult your Physical Therapist for the correct technique for you.

## Ascending:



1. While holding the walker in front of you, back up as close as possible to the first stair. Have your partner face you and hold onto the walker to stabilize it.



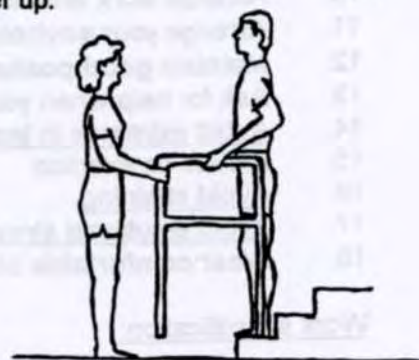
2. Using the walker put your weight through your arms and step up with your noninvolved leg.



3. Put your weight through the walker and your noninvolved leg, and then bring your involved leg up the first step.



4. Have your partner lift the front legs of the walker up.



5. Repeat steps 1-4 to continue up the stairs. Have your partner advance with you, keeping the front legs of the walker level with the steps until you reach the top.

## Descending:

1. Place the back legs of the walker on the first step down. Have your partner hold the walker level in front of you (front legs of walker do *Not* touch the stairs).
2. Using the walker, shift your weight through your arms and step down with your involved leg.
3. Keeping your weight through your arms, step down with your noninvolved leg.
4. Repeat steps 1-3 to continue down steps.

# GETTING IN/OUT OF VEHICLES

These are general guidelines. Please consult with your physical therapist for the appropriate technique for you.

## □ RIGHT HIP SURGERY

### Getting into the Car:

*Always ride in the back seat of the car.*

Approach the vehicle towards the back seat of the passenger's side (right side of the car). Using your walker back up to the car. Sit on the car seat as you did when you were getting into bed. Use your arms behind you to support your trunk, being careful not to bend more than 90° at the hip. Keep your right leg next to the back of the seat as you use your good leg on the floor of the car to assist you in moving across the seat towards the driver's side of the vehicle (left side). Use pillows to cushion your back and a pillow between your legs to help remind you not to cross your legs.

### Getting out of the car:

Have your partner assist/guide your right leg as you move towards the passenger's side (right side) of the vehicle. Use your left leg on the floor of the car to help you move as your partner continues to assist your right leg. When you are at the edge of the car seat, be sure to keep your right leg extended and lean back slightly on your hands (do not bend more than 90° at your hip). Use the car seat and the door of the car to help you stand up on your left leg. Then, using your walker walk away from the vehicle with the proper gait sequence: walker-right foot-left foot.

Be sure to follow your hip precautions!

# GETTING IN/OUT OF VEHICLE 3

These are general guidelines. Please consult with your physical therapist for the appropriate technique for you.

## □ LEFT HIP SURGERY

### Getting into the Car:

*Always ride in the back seat of the car.*

Approach the vehicle towards the back seat of the driver's side (left side of the car). Using your walker back up to the car. Sit on the car seat as you did when you were getting into bed. Use your arms behind you to support your trunk, being careful not to bend more than 90° at the hip. Keep your left leg next to the back of the seat as you use your good leg on the floor of the car to assist you in moving across the seat towards the passenger side of the vehicle (right side). Use pillows to cushion your back and a pillow between your legs to help remind you not to cross your legs.

### Getting out of the car:

Have your partner assist/guide your left leg as you move towards the driver's side (left side) of the vehicle. Use your right leg on the floor of the car to help you move as your partner continues to assist your left leg. When you are at the edge of the car seat, be sure to keep your left leg extended and lean back slightly on your hands (do not bend more than 90° at your hip). Use the car seat and the door of the car to help you stand up on your right leg. Then, using your walker walk away from the vehicle with the proper gait sequence: walker-left foot-right foot.

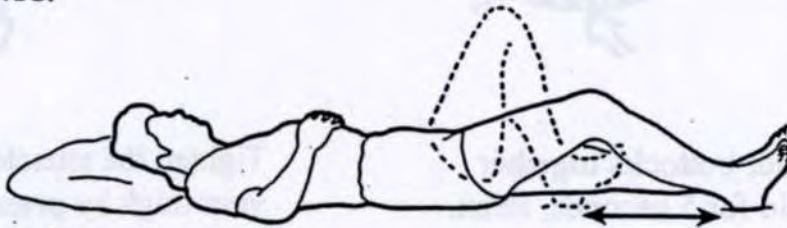
Be sure to follow your hip precautions!

# TOTAL HIP EXERCISES

These exercises are to be done with the help from your therapist in the beginning. Later the therapist will notify you when you are able to safely perform these exercises on your own. *Do realize that a major portion of the success or failure of your hip rehabilitation is your responsibility! If you diligently perform the exercises daily and adhere to the specified precautions (until you are notified otherwise), your performance of the activities of daily living should be greatly enhanced.*

## **HEEL SLIDES**

Lie on your back with your legs straight, slowly slide your heel backwards toward your buttocks, bending your knee and hip. Be sure not to bend your hip more than a 90° angle. Slowly lower your leg with control to the starting position. Relax, then repeat 10 times.



## **HIP ABDUCTION**

Lie on your back, slide the leg out to the side keeping the toes and kneecap pointing towards the ceiling. Relax, then repeat 10 times.



## **HIP ROTATION**

Lie on your, keep the knee straight while gently rolling the leg in and out. Repeat 10 times.



# TOTAL HIP EXERCISES

## ISOMETRIC EXERCISES

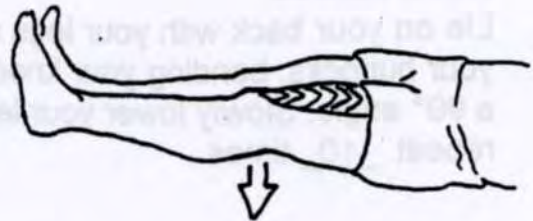
### GLUTEAL SETS



Squeeze your buttocks together tightly. Hold for 5 seconds, relax, then repeat.

10 Times, 3 Times a day.

### QUAD SETS



Tighten the muscles on top of your thigh by pressing the knee down. Hold for 5 seconds, relax, then repeat.

10 Times, 3 Times a day.

### HAMSTRING SETS



Tighten the muscles on the back of your thigh by slightly bending the knee and pressing the heel down into the bed. Hold for 5 seconds, relax, and repeat.

10 Times, 3 Times a day.

### ANKLE PUMPS



Pull the foot/toes towards you and then point the foot/toes away from you bending back and forth at the ankle.

10 Times, 3 Times a day.