

Total Hip Replacement

A guide to your Rehabilitation

Information for patients



Adult
Therapies

Most patients having total hip replacement surgery will be required to follow hip precautions. However, depending on the technique used by your surgeon, you may not be required to follow hip precautions. In this instance you will be informed and this will be discussed before your surgery.

What are hip precautions?

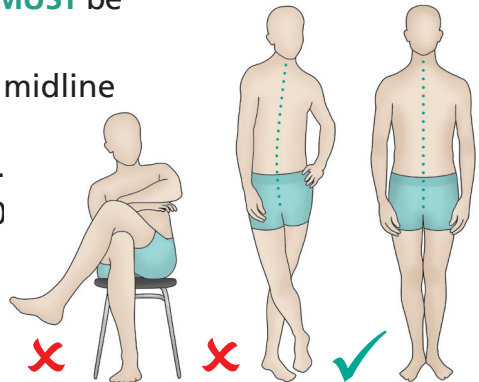
There are precautions to follow which help to keep the hip in a safe position during the healing process. During hip replacement surgery, the muscles and ligaments surrounding the joint capsule, which keep the ball joint centred in the hip socket, are cut. There is a small risk of dislocation in the six week period following surgery until the surrounding muscle and tissue has healed. If dislocation occurs, the ball of the joint comes out of the socket and will need to be put back in place under anaesthetic.

When does my rehabilitation start?

Your rehabilitation starts before your operation and from the point of receiving this leaflet. It is **REALLY** important that the movement restrictions in this leaflet are practiced **before** your operation so that they are familiar to you. You will be able to put your full weight through your leg after surgery.

There are four movements which **MUST** be avoided for **six weeks**:

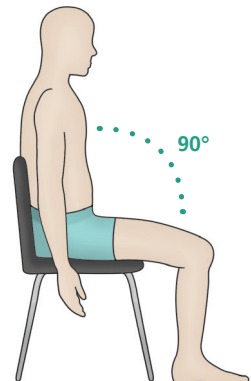
- Do not cross your legs (or the midline of your body shown by the dotted line on these pictures).
- Do not bend your hips past 90 degrees (a right angle).
- Do not lift your knee above your hip.
- Do not twist your leg or waist.



How does this affect performing everyday activities?

It is important that once you go home from hospital, you follow the hip precautions when performing everyday activities.

During pre-assessment, the Occupational Therapist will have measured your leg length and discussed the appropriate heights of your furniture. It is important to remember that these heights will also apply outside of the home environment i.e. family/friends chairs may be different heights to yours.



To check whether furniture is a suitable height for you, when sitting, your knees should always be lower than your hips. Your knees should never be higher than your hips for six weeks.

Your recommended furniture height is:.....

Toilet

Depending on your leg length it is likely that you will need a raised toilet seat to be fitted at home. The Occupational Therapist will assess toilet transfers on the ward and issue you with the appropriate height toilet seat. This can be fitted by a family member, friend or carer. A demonstration and written instructions will be provided. It is not advisable for you to fit the toilet seat yourself. You should use the raised toilet seat for six weeks following your operation.



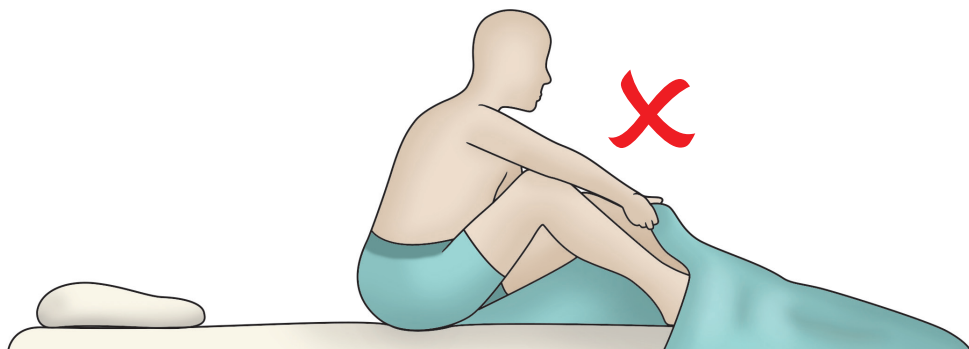
Chair

- Always make sure that the chair is a suitable height to comply with the hip precautions.
Do not use a rocking/swivel chair, as they are unstable and not safe.
Do not use the recline action of a recliner chair - or any integrated foot stool.
- It is recommended that you use a chair with arms.
- When sitting down always feel behind you for the chair arms, take a step forward with your operated leg and lower yourself gently into the chair.

- To stand, keep your operated leg straight in front of you, taking the weight through your non-operated leg. Push up on the chair arms.
- **Do not use** a footstool for 12 weeks after surgery.

Bed

- You will be able to get in/out of bed the same side as you currently do at home.
- The bed should be a suitable height to comply with hip precautions.



- Do **not** allow your operated leg to cross the midline of your body when getting in/out of bed.
- You should sleep on your back for six weeks.

Remember you should **not** bend forward to pull up the bed sheets as this will be breaking the hip precautions, as illustrated in the diagram (on page five). Roll your bedding to the side before you get in.

All transfers will be practiced during your stay in hospital to ensure that you can manage independently and safely when you get home.

How does this affect the way I get washed and dressed

Washing

- You will be expected to dress in day clothes following your operation - please bring in your dressing aids on admission for use on the ward.
- You must **not** bend down to wash your feet or cut toe nails, use aids provided or ask for help.
- You will be provided with dressing aids to use following your hip replacement; including an easi reach, shoe horn and sock aid.
- It is **not** advisable to sit on the side of the bath to strip wash.
- If you have a walk in shower, discuss this with your Occupational Therapist, as it is essential that you do not twist or rotate your hip.
- Six weeks after your surgery you may climb over the side of the bath to use an over bath shower. You must **not** sit in the bottom of your bath for 12 weeks after your operation.

Points to remember:

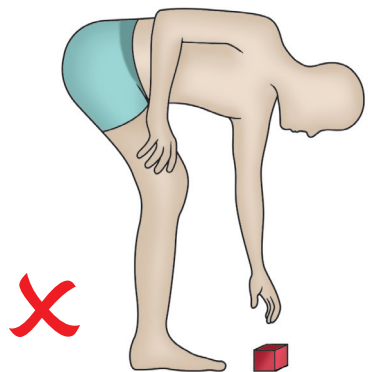
- Always dress your operated leg first and undress it last.
- Always get dressed sitting on the bed or chair, not in standing.
- Arrange items that you need so they are close at hand.
- Avoid twisting or bending to reach for items and have your easi reach readily available.

How will I do housework/kitchen activities?

Continue to be aware of the hip precautions.

- We do encourage you to resume your normal daily activities when you return home. Housework such as vacuuming can be resumed as comfortable after six weeks.
- Remove all loose rugs and mats which can be a potential trip hazard when walking with crutches or a stick.
- Avoid standing for long periods; where possible sit to prepare meals.
- We advise that you organise your home environment, particularly the kitchen, so that most used items are within easy reach and accessible to you.
- When cooking or making a hot drink, ensure that you position yourself facing the work surface to avoid twisting.
- In the event that you need to bend to reach for something in a low cupboard or the fridge, place your hands on a work surface for support, and extend your operated leg behind you and lower yourself by bending the 'non-operated' knee.
- Kneeling: **Not** for six weeks, discuss this with your Occupational Therapist. If you do any household tasks that require kneeling, this should be avoided.

Remember that you **must not** bend down to reach for items on the floor, as shown in the diagram here.



Can I still drive after a hip replacement?

Avoid driving for six weeks following your surgery. You should be able to perform an emergency stop without discomfort or hesitation before starting to drive again. It is also recommended that you inform your insurance company that you have had a joint replacement procedure.

How do I get in/out of a car?

- Ask the driver of the car to park away from the kerb, to maximize the height from the ground to the top of the seat.
- Always sit in the passenger seat, you should not attempt to sit in the back of a car.
- The seat should be moved back as far as it will go and the back rest reclined.
- Open the car door fully and position yourself square on to the side of the seat, facing outwards.
- Extend your operated leg out in front of you and place your hands on the seat behind you for support, and lower yourself gently down onto the car seat.
- Ensure you keep your operated leg in a safe position, not crossing the midline of your body. You may require some support to lift your operated leg into the car.
- Once you are sitting in the car, keep your legs stretched out in front of you, and avoid bending the knee of your operated leg.
- Raise the seat back to a comfortable position once you are seated in the car. Your knees should **not** be higher than your hips, and you should **not** bend more than 90 degrees.

Reverse this process when getting out of the car.

When can I return to work?

- You can discuss this with your Consultant or Occupational Therapist.
- It is important to consider your work environment and duties.
- If your work involves desk or administration work you may return as soon as comfortable, however chairs of an appropriate height and stability are required.
- If you are required to stand for long periods at work you may return from six weeks if able.

Remember the hip precautions are to be followed for six weeks.

Can I still participate in leisure activities?

- Regular exercise such as short walks is encouraged.
- **Bowling/Boules** - Possible from 12 weeks. Always lead with your non-operated leg. After six months as normal.
- **Contact sports** - Should be permanently avoided.
- **Cycling** - Static exercise bike from six weeks, otherwise 12 weeks using low profile crossbar.
- **Dancing** - Cautiously from six weeks.
- **DIY** - From six weeks if able.
- **Gardening** - Can be resumed from six weeks as comfort allows, avoid digging for 12 weeks.
- **Golf** - If comfortable from six weeks. Spikes not advised.
- **Horse riding** - From six months (experienced).

- **Keep fit/Gym** - LOW impact, from eight weeks.
- **Racquet sports** - From six months; discuss with Consultant.
- **Sailing** - From six weeks, always wear a life jacket.
- **Skiing** - From six months if an experienced skier.
- **Swimming** - From eight weeks, however breast stroke not recommended for one year.

Additional information

How long will I be in hospital after my operation?

We aim to discharge you from hospital as soon as you are safe to go home. In some cases this may be as early as the evening of the day you have your surgery.

Pain Management

Make sure you take pain medication around planned daily activities. Controlling pain after your operation will help with the healing process. When returning to daily activities, try to pace them and ensure you are taking a break regularly as this can actually mean you can keep going for longer.

Work roles

It is important to remember that the pain from this surgery will be temporary and that your focus should be on the increased function you will ultimately achieve after your operation.

Flying

Short haul flights: less than four hours Avoid until 12 weeks. This can be discussed with your consultant.

Long haul flights/coach holidays Avoid until six months.

Sex

Sexual relations can resume cautiously from six weeks to three months. The person with the hip replacement should lie on their back whilst their partner is on top. There are no limits after six months.

If you require any further information or advice please discuss this with your Occupational Therapist.

Following your attendance at pre-assessment, the Occupational Therapy Team will contact you by telephone to discuss your individual care on:

You may receive a text message for this appointment.

Do not come to Chapel Allerton Hospital for this as we will contact you by **phone** or **video call**.

Occupational Therapy Pre-assessment Team: 0113 392 4994
Ward C3 Occupational Therapy Team: 0113 392 4842

To re-watch the hip school video on YouTube go to <https://youtu.be/f0r5s5knzEU> or alternatively Google 'Preparing for your Total Hip Replacement at Chapel Allerton Hospital'

The video clip will show in your search results.

If you live in Leeds and want to return equipment, please contact Leeds equipment on **0113 378 3282**



ALSO AVAILABLE IN LARGE PRINT

For further information please ask your Occupational Therapist



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



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