

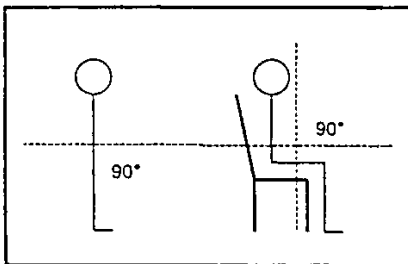
TOTAL HIP REPLACEMENT HANDOUT

OCCUPATIONAL THERAPY DEPARTMENT
CONCORD HOSPITAL

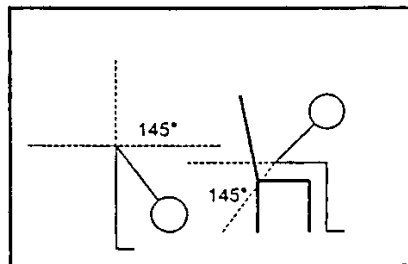
Your new hip is designed to reduce pain and improve your function. There are certain movements that place undue stress on your new hip before the muscles and tendons around the new joint have healed. These movements should be avoided for the first 3 months to reduce the risk of dislocating the new hip.

1. DO NOT BEND THE HIP PAST 90°

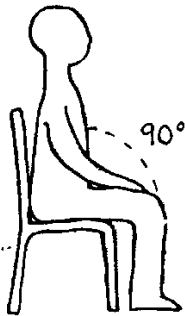
(i.e. do not move your operated hip towards your chest more than 90°).



RIGHT

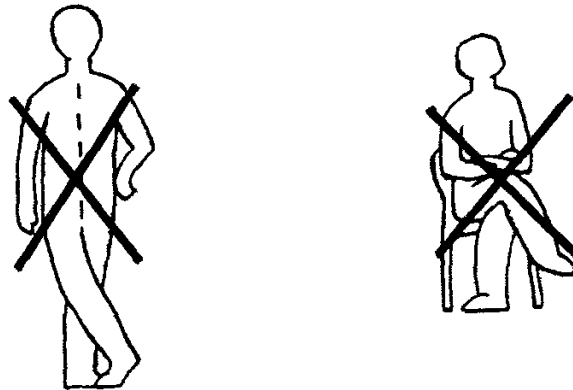


WRONG

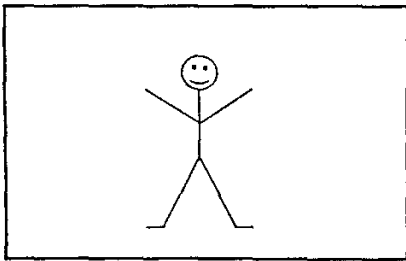


2. DO NOT CROSS YOUR LEGS

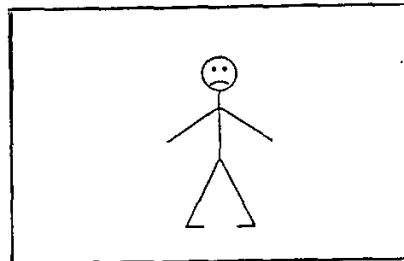
(i.e. do not bring your operated leg past the middle of your body).



3. DO NOT TWIST THE OPERATED LEG INWARDS OR OUTWARDS.



RIGHT



WRONG

LYING IN BED

Do...

Lie in bed on your back with your legs slightly apart. You may want to place a pillow between your legs to keep them apart.

When getting in and out of bed, move the operated leg first.

Keep your legs well apart and lean back to avoid excessive bending when transferring in/out of bed.

Use a long handled reacher to pull up sheets or blankets.

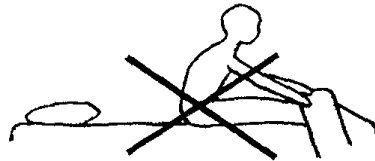


Do Not...

Do not cross your legs while lying in bed.

Do not lie on your side.

Do not bend to pull your blankets up.



SITTING IN A CHAIR

Do...

Sit in a chair that is a suitable height and does not require you to bend your hip more than 90°.

You may need to place extra cushions/ pillows or raise the chair to make the chair the correct height.

Sit in a chair with armrests and use these to help you rise safely to a standing position.

When sitting, ensure the back of your knees are close to the chair, grasp the armrests, straighten the knee of the operated leg and slide the operated leg forward as you lower yourself into the chair taking your weight through your arms and un-operated leg.

Reverse this procedure for standing from a chair.

When you return home avoid sitting for long periods of time.

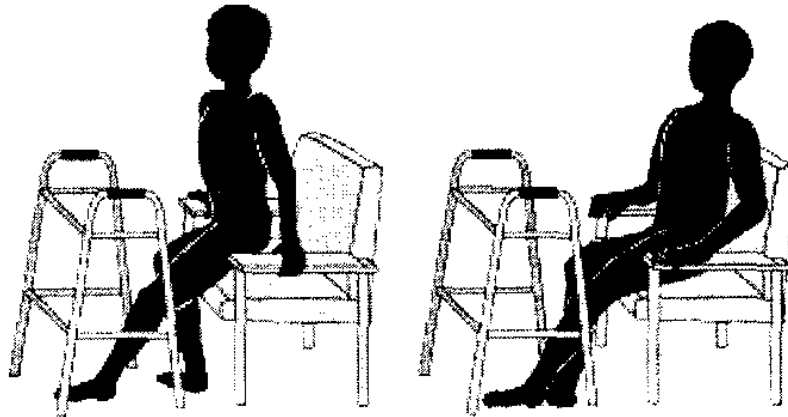
Do Not:

Do not cross your legs when sitting.

Avoid sitting on low chairs, toilets and beds because they require too much bending in your hip.

Do not bend forward while sitting in a chair, causing more than a 90° bend in your hip.

To sit down:



To stand up, do the reverse.

ACTIVITIES OF DAILY LIVING

Following your operation, the precautions you need to take to protect your hip will temporarily impact on your ability to perform daily tasks. You may need assistance from other people or the use of adaptive equipment to ensure you are able to manage at home safely.

SHOWERING

Do...

Sit on a shower chair or stool (preferably with adjustable legs and armrests) while showering to maximise your safety.

If you have a shower over a bath, you may be able to use a bath seat if your bath is of a suitable height which ensures your knees are not higher than your hips when seated.

If a bath seat is not recommended, you may be able to use a shower chair/ stool over the floor drain.

Use long handled aids (e.g. long handled sponge/brush) to assist with washing and drying your legs or ask someone to help you.

Do Not...

Do not lie in a bath for bathing.

Do not lean down to wash/dry feet during showering.

DRESSING

Do...

Sit to undress/ dress yourself.

Undress the un-operated leg first.

Dress the operated leg first.

Use long handled dressing aids to prevent excessive bending (e.g. long handled shoe horn, sock gutter, long handled tongs or "easy-reacher"). This may take a bit of practice before you become independent.

Wear shoes without laces to make it easier to put them on and take them off using a long handled shoe horn.

Do Not...

Do not bend or bring your knee up in order to reach your feet to put pants, socks or shoes on.



TOILETING

Do...

Use a raised seat on the toilet because most toilet seats are low.

Consider getting a rail installed next to the toilet if you have been having difficulty getting up and down from the toilet prior to your hip replacement.

Do Not...

You should avoid sitting on low toilet seats because these require you to bend your hip more than what is recommended.



COOKING & HOUSEHOLD DUTIES

Do...

Sit on a high kitchen stool when cooking.

Place items you use regularly within easy reach to avoid reaching up or bending down.

Stock up on commonly used items before your surgery and prepare food in advance such as frozen dinners which can be reheated and served easily once you return home.

Allow others to help you with household duties for the first month after your operation.

Do Not...

Do not bend to pick items up off the floor. Use an "easy-reacher" or long handled tongs to avoid excessive bending or twisting when picking up items out of reach.

Avoid bending during domestic tasks such as making beds and cleaning bathrooms. Get someone to help you or use a quilt which you can simply pull up when you get out of bed.



DOMESTIC TASKS

DRIVING

According to the RTA guidelines (2003), patients should generally not drive for 6 weeks following joint replacement surgery. You need to have good control of your leg to allow the fast and easy transfer of your foot between pedals. It is important to check with your surgeon prior to commencing driving again after surgery. Remember that if you have an accident, you could be liable if it is shown that you don't have good control of your legs.

TRAVELLING IN A CAR

As a passenger in a car, use the front seat and push the car seat back as far as it will go. Recline the backrest so that you can lean into it as you get into the car.

Get into the car by backing up to the seat, sitting down with the operated leg extended and then pivoting your legs into the car. Take care not to bend your hip too much by leaning back into the backrest as you bring your legs into the car.

Get out of the car by reversing this procedure and swinging your legs out first then standing up using the correct method of standing. It may be easier to wind the window down so that you have something to hold on to when standing.

A cushion may be used on the seat to raise the height slightly.

SEXUAL ACTIVITY

Ask your surgeon about when you can recommence sexual activity. When you resume, it is better to take a more passive role initially and be careful about your hip position.

REFERENCES

1. Visual Health Information, 1993. The Occupational Rehabilitation and Prescription Kit by Aline Yiu. OT.
2. <http://www.vh.org/adult/patient/orthopaedics/hipreplace>
3. <http://www.hipsandknees.com/hip/hipprecautions.htm>

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