

Total Joint Program Patient Guide

Posterior Total Hip Replacement

Carson Valley Health
Rehabilitation and Outpatient Therapy Center

CARSON VALLEY  HEALTH

Understanding Your Surgery



Healthy Hip Joint



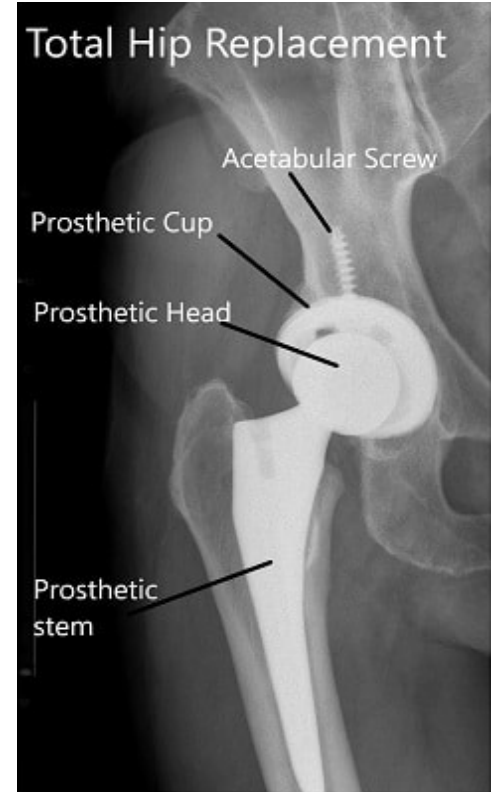
Damaged Hip Joint



Replaced Hip Joint

Understanding Your Surgery

- A total joint replacement surgery is done to repair an injured or degenerative joint.
- This typically consists of a femoral component, femoral head (ball), and acetabular shell (socket). Once the components are in place, the surgeon will ensure a proper fit and range of motion.
- This surgery typically takes around 1-2 hours. You will likely be discharged to your own home the same day of surgery, depending on progress with function and pain control.
- This new prosthesis will typically last for around 25 years with normal use.



Pre-Op Exercises

- Perform these exercises **2 times per day** until your surgery
- Lying Down
 - Straight Leg Raise
 - Heel Slides
 - Glute Sets
- Sitting
 - Long Arc Quad
 - Clamshell
 - Sit-To-Stand
- Standing
 - Hip Abduction
 - Hip Extension
 - Partial Lunge

**Web access to pre-op exercises with videos and instructions

- [Medbridgego.com](https://www.medbridgego.com)
- Access code: **MP7WXHTA**



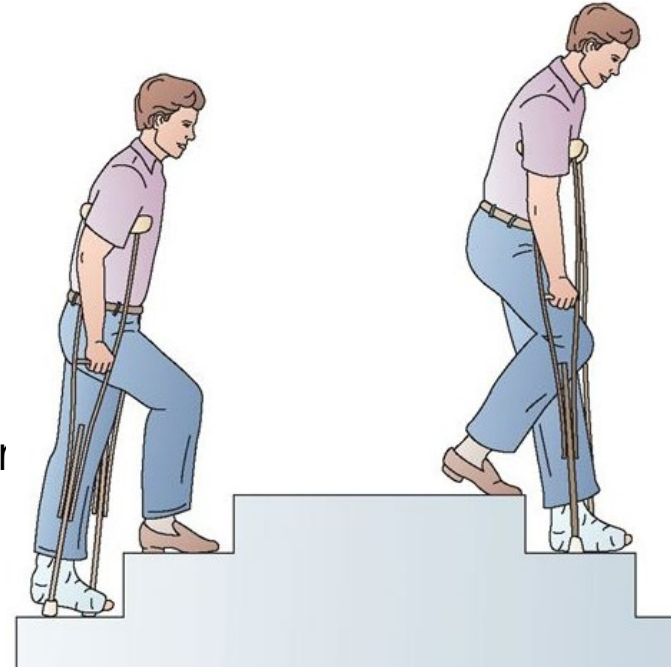
Home Safety and Set-Up

- Before your surgery you will want to purchase:
 - Front wheel walker
 - Raised toilet seat (with or without arms depending on your space/needs)
 - Shower chair (adjustable height)
 - Long handled shoe horn
- Home set-up considerations/ Fall risk prevention:
 - Install grab bars at shower and toilet
 - Remove area rugs
 - Remove extension cords
 - Plan for care/ management of pets
 - Put everyday items in easy to reach places to avoid bending/ reaching
 - Install night lights
- Make sure to have a dedicated caregiver available 24 hours a day for at least the first 3-5 days



What to Expect Day of Surgery

- In-hospital therapy goals
 - Safety with bed mobility
 - Safe and independent transfers
 - From bed to toilet/ wheelchair
 - Safe and independent walking with walker
 - Safe and independent stair climbing (if applicable)
 - “Up with the non-surgical limb, down with the surgical limb”
 - Ascending
 - Step up with the non-surgical limb first, then the surgical leg
 - Descending
 - Step down with the surgical limb first, then the non surgical limb



Posterior Hip Precautions

- Don't bend your hip past a 90° angle



- Don't cross your legs.



- Don't turn your operated leg inward (pigeon toed)



Early Mobilization

- Your physical therapist will get you up and walking on the same day as your surgery
 - Usually around 4 hours after surgery
- It is important to remember that this immediate activity after surgery is very important and can help with:
 - Improving pain
 - Improving physical function/ mobility
 - Improving lung function
 - Preventing blood clots
 - Preventing pneumonia
 - Preventing urinary retention

Activities of Daily Living

Lower Body Dressing/Bathing

- Adaptive equipment can allow you to perform lower body dressing safely and independently while maintaining your hip prec.
- Adaptive equipment: sock-aid, reacher, long handle shoe horn, long handle bath sponge.



Activities of Daily Living

Sock aid use (from seated position):

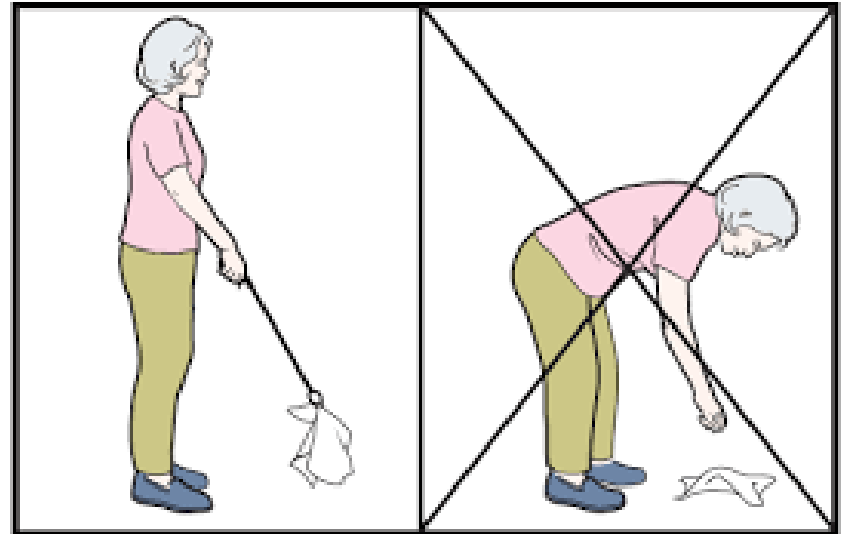
- Hold sock aid between your knees
- Pull sock on to the sock aid with top of sock facing you. Pull until toe of sock is tight against sock aid. Don't pull sock beyond edges/top of sock aid
- Use the strap handles to lower the sock aid to the floor in front of your operated foot
- Place foot into the sock/sock aid
- Pull on strap handles in an upward angle until the sock aid pulls out of the sock and the sock is on your foot



Activities of Daily Living

Reacher Use:

- Reachers are a tool to help further your reach and are helpful for reaching/retrieving light objects and can also increase independence with tasks like lower body dressing (putting on underwear, pants, shorts as well as taking socks off).
- Reachers also help to maintain your hip precautions.



Activities of Daily Living

Putting on pants and underwear on using a reacher:

- Keep your legs in front of you.
- Put the claw end of the reacher on the waistband of your pants or underwear. Squeeze the reacher handle to grip the waistband with reacher.
- Drop pants/underwear down to the floor in front of your operated leg first. Dress your operated leg first.
- Use the reacher to pull pants/underwear to your knees until you can reach them without pain.
- Carefully stand to pull up your pants/underwear over your hips.

Activities of Daily Living

Removing socks using reacher:

- Slide the hook part of reacher into the sock on the inside part of your ankle.
- Push sock off your heel first until the sock comes off (or you can pinch the sock at the toes and pull the sock off that way after you slip it off your heel).

Activities of Daily Living

Using a long handle shoe horn:

- Slide shoe horn into heel of shoe
- Bring shoe close to foot
- Put foot into shoe with heel sliding on shoe horn

Ice and Elevate

- To help control pain and swelling, ice area around surgical site.
- 10-15 minutes at a time 3-5x per day or as needed
- Elevate knee so that it is above the level of the heart
- Don't have an ice pack?
 - Combine 1 cup rubbing alcohol to 2 cups water in a ziploc bag and place in the freezer



Post-Op Exercise

- Once home, it will be important to follow the exercises given to you by the physical therapist at the hospital until you begin outpatient physical therapy.
- Try to get up and walk with your walker for 3-5 minutes once every 2 hours during the day to help maintain strength, decrease fall risk, and decrease risk of blood clots.
- Remember to follow your posterior hip precautions when getting in/ out of bed or on/ off of chairs.



Conclusion

- We are happy you have chosen to have your total joint surgery at Carson Valley Medical Center, and we are here to help you get back to doing all of the things that you love!
- You should be back to your normal routine within three (3) months after surgery.
- Remember to contact your physician at any time if any questions or concerns arise.

