



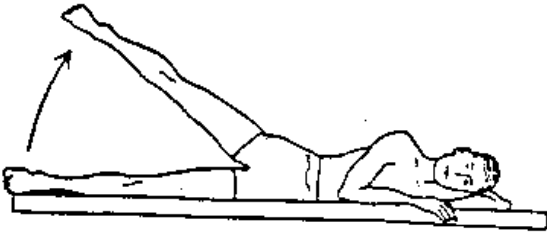
INSTRUCTIONS FOR TOTAL HIP REPLACEMENT PATIENTS FIVE TO EIGHT WEEKS AFTER SURGERY

You have completed the most critical period of your operation. From now on you can increase your activities progressively and as tolerated, provided your hip does not hurt.

1. You can discontinue the added height of your armchair, bed and toilet seat. However, it is preferable, safer and more comfortable to sit in higher seats with arms.
2. You do not need the pillow between your legs at night, and you can turn in bed to either side, even without the pillow. You can sleep on your stomach.
3. If your legs are not swollen in the evening, you can give up the elastic stockings.
4. If you had a standard total hip replacement, as soon as you feel confident and can walk without pain or limp, you can give up the cane. If you had a revision or other type of operation, I will indicate today how much weight you should put on your hip today.
5. In addition to your previous exercises, start the exercises shown on the back of this sheet (Exercises 1 to 4). Increase the number of repetitions as tolerated. If it hurts do not do them until the pain subsides. You can also do exercises 1, 2 and 3 standing, which requires less effort.
6. To reach your foot, bring the knee outwards and the foot inwards as shown in Figure 5. This is a long term goal and it may take a few more weeks to be able to reach your foot. While reaching your foot, you should always see the inner part of your leg and not the outer part of your leg. This precaution is forever.
7. To pick up objects from the floor, lean on a piece of furniture and do it as shown in Figure 6.
8. Have showers rather than baths. Place a handle on the shower wall and a footstool outside and inside to help you in and out.
9. You may now drive a car.
10. If you were under the care of a local private internist, go back to see him/her.
11. If you are experiencing problems, please return to see me four months after surgery for an examination of your operated hip. If you experience no problems, please see me 1 year after surgery with new X-rays, instead.

**** SEE OVER FOR EXERCISES AND ILLUSTRATIONS ****

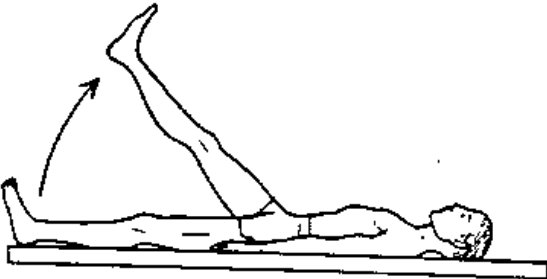
EXCERCISE 1



EXCERCISE 2



EXCERCISE 3



EXERCISE 4

Do not bend more than 90 degrees.

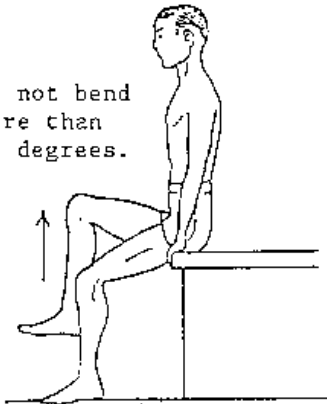
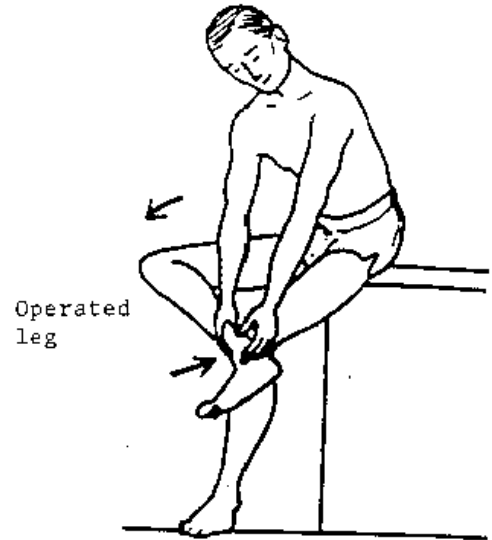


FIGURE 5

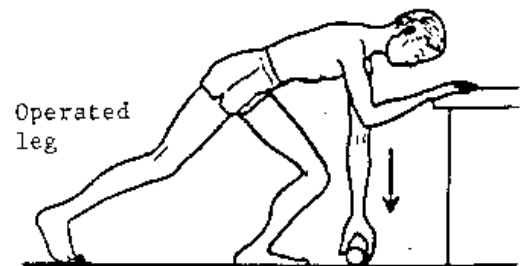
You should never turn your knee inwards so that you see the outer part of your leg. You should never bring your knee up or bend over to reach your foot.



Operated leg

PROPER WAY TO REACH YOUR FOOT TO PUT ON SOCKS AND TIE SHOE LACES.

FIGURE 6



Operated leg