

# Total Hip Replacement

Welcome to the crucial stage of preparing for your total hip replacement. Understanding the significance of this procedure and preparing effectively can substantially influence your recovery's success. At Auto-Ness Physical Therapy, we believe in empowering you with knowledge and practical steps to ensure your journey towards a pain-free, active life is as smooth as possible.

Your surgeon has discussed the necessity of your hip replacement. This guide is your companion in making your pre-operative period as effective as possible. Unlike conventional methods that might emphasize rest and ice, we encourage proactive steps for a robust recovery.



Post-operative discomfort due to swelling in the hip area is common, but your proactive prehab efforts will aid in managing this. Your dedicated physiotherapist will guide you through exercises that build on your prehab work, focusing on mobility and strength in your hip. These exercises are vital; their immediate initiation post-surgery is key to a robust recovery. Remember, specific movements like crossing your legs, twisting your hip, or bending it past 90 degrees should be avoided.



## Empowering Pre-Habilitation:

**It's essential to not only prepare for your surgery but to actively engage in pre surgery care! This approach involves targeted exercises and therapies designed to strengthen your body, particularly around the hip area, to better withstand the upcoming surgery. By improving your physical condition prior to surgery, you significantly enhance your recovery potential.**

Should your procedure be straightforward, early walking is encouraged to prevent complications. The strength and stability gained from ***Pre-Habilitation*** will be instrumental here.

Using a walker? Ensure it's correctly adjusted to support your new, stronger posture. The right walker technique, a continuation of your prehab training, is crucial for a smooth recovery.



### Walking with walker Do's

- Adjust your walker to your height so that the handles are level with your hips and your elbows are slightly bent when holding the handles.
- Before moving, make sure all four walker legs are on the ground.
- Push your walker slightly ahead of you and lift it if it doesn't have wheels.
- Begin by stepping forward with your weaker leg.
- Step forward next with your stronger leg, placing it ahead of the weaker one.
- Keep your gaze forward while walking, rather than looking down at your feet.



### Walking with walker, Don'ts

- Adjust the walker so that it is not too low or too high. The handles should be at the level of your hips and your elbows should be slightly bent when you hold the handles.
- Do not lean forward or hunch over while using the walker.
- Avoid pushing the walker too far in front of you.
- Move the walker first, then step forward after the walker is stable on the ground. Do not lift the walker while walking.
- Always use both hands when holding the walker.

Quality sleep is a cornerstone of healing. Post-surgery, finding a comfortable sleeping position might be challenging. Adhere to these posture guidelines to ensure safety and comfort, keeping in mind the strength and flexibility you've developed through prehabilitation:



### Sleeping Do's

#### ***Stomach Sleepers:***

Although it is generally not advised, if you must lie on your stomach (prone): Use a pillow under your abdomen for lower back support.

#### ***Side Sleepers:***

*Maintain spinal alignment with a pillow supporting your head and neck, and another between your knees.*

#### ***Back Sleepers:***

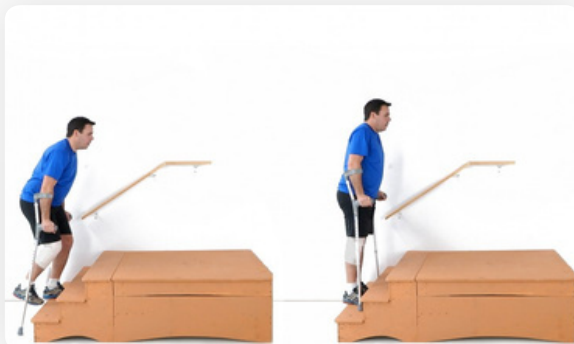
Make sure that you use a supportive pillow for your head and neck aligns with your spine. Place a pillow under your knees to ease lumbar pressure.

### Sleeping Don'ts

**Avoid sleeping positions that put the operated leg on top to prevent dislocation risks.**

Going up and down stairs can seem daunting, but with some helpful tips, and some practice, you should find the task achievable.

You may require the help of an elbow crutch in order to do this if you are finding walking on your hip particularly painful. The following images are based on the assumption you are able to put some of your weight through your leg.



### Walking up stairs:

Stand at the bottom of the stairs. You might need to hold onto a rail or use elbow crutches as needed. When going up the stairs, follow this sequence:

1. place your good leg on the step first
2. next, bring your other leg to the same step
3. finally, bring your crutch up to join your feet on the step.

Repeat this sequence for each step until you reach the top.

### Walking down stairs:

Stand at the top of the stairs. Hold onto a rail and use elbow crutches as needed. When going down the stairs, follow this sequence:

1. place your crutches on the step you are going to move down to
2. next, put your weakest leg down on the same step
3. finally, bring your other leg to the same step

Repeat this sequence for each step until you reach the bottom.

**Preparing for Your Surgery: Basic Strengthening and Stretching Exercises**  
To get the best possible results from your operation, it is recommended that you perform some simple strengthening and stretching exercises beforehand.

Try the following exercises at home. Note, if any of them cause you more pain or inflammation, stop the exercises. Aim to do each exercise 10 times up to three times a day.



#### Active hip flexion:

Stand up straight holding onto a wall. Lift your affected leg up in front of you as far as you can manage comfortably. Do not move your leg more than 90 degrees to your torso. Ensure you do not lean your body.

Return to the starting

#### Active hip abduction:

Stand up straight holding onto a wall. Keeping it straight, lift your affected leg out to the side as far as you can manage comfortably. Ensure you do not lean your body.

Return to the starting position.





### Active hip extension:

1. Stand up straight holding onto a wall.
2. Keeping it straight, lift your affected leg back behind you as far as you can manage comfortably. Ensure you do not lean your body.
3. Return to the starting position.

### Bridge:

1. Lie on your back with your knees bent and your feet flat on the floor.
2. Tighten your buttock muscles and lift your hips up into the bridge position. Hold this position. Make sure you keep your hips up and level throughout the movement.
3. Your spine should stay in the neutral position and your neck and shoulders should remain relaxed.
4. Control the movement as you lower back down.

# Continuing Your Journey with Auto-Ness

Your journey doesn't end with surgery. Auto-Ness Physical Therapy is committed to supporting you throughout your recovery. Our holistic approach to rehabilitation, which includes a mix of patient education and active recovery strategies, ensures you're well-equipped for every phase of your journey.

## Begin Your Prehab Journey Today

Take the first step towards a pain-free, active lifestyle. Reach out to us at **858-324-5537** or visit **autonesspt.com** to start your personalized prehab and recovery plan. Let's work together to prepare for your hip replacement and pave the way for a successful recovery.

