

Post Hip Fracture/ Replacement Recovery

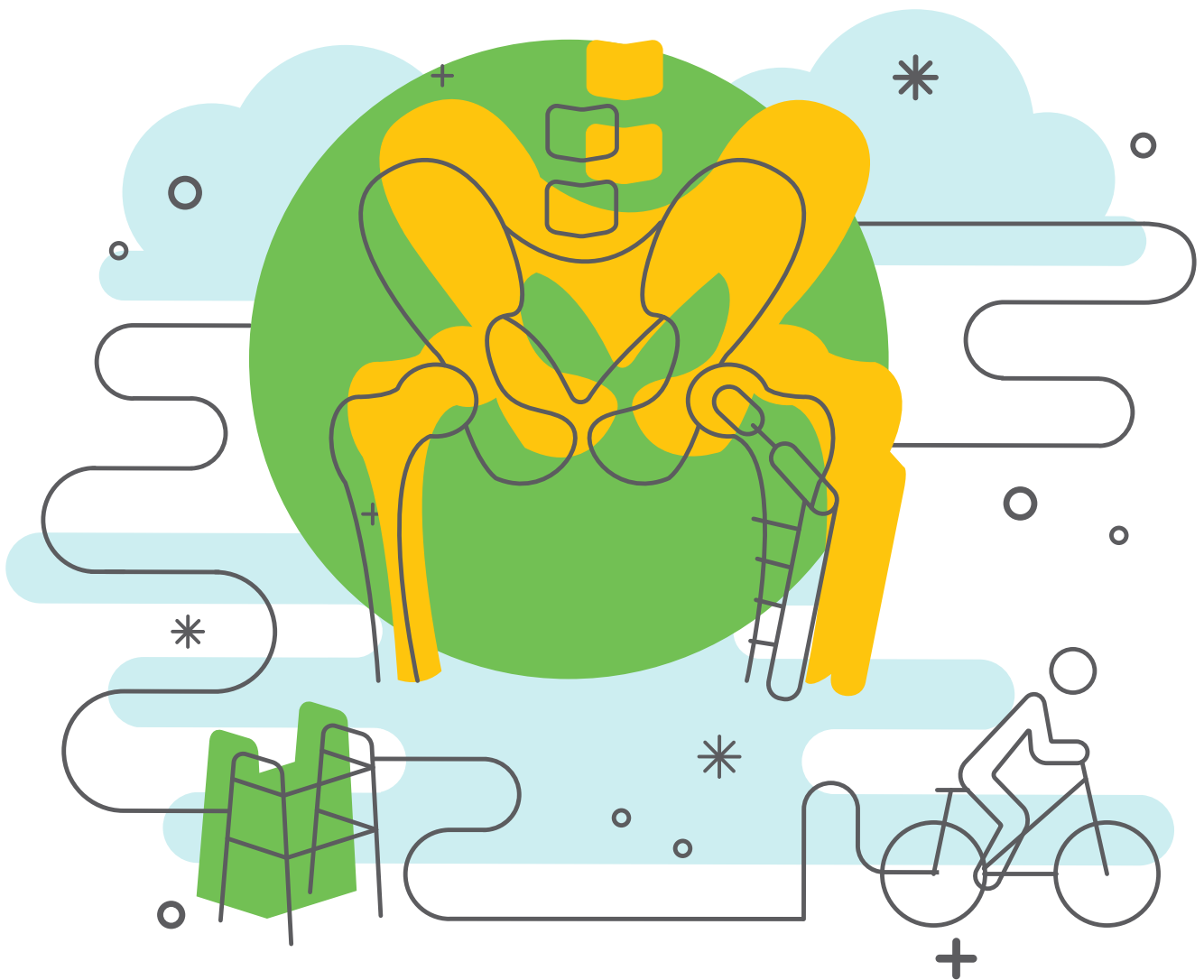


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01

Introduction

You have just undergone a hip surgery.

This booklet is designed to provide you with:

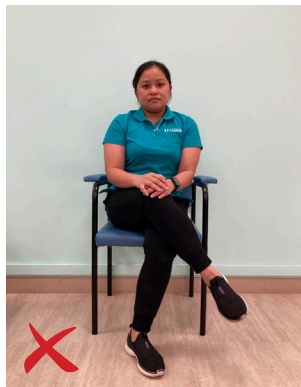
- General advice on how to manage at home after the surgery
- Guidance on home exercises to help you regain strength

02

General Precautions for Hips



Do not bend your operated hip beyond 90 degrees.



Do not cross your operated leg or ankle over the other leg.



Do not turn your operated leg inward in a pigeon-toed position.



If you need to pick up an item from the floor after the initial recovery period, you may be able to do so in a modified manner. However, do check with your surgeon/therapist first.

03

Managing Pain

- Some pain in the initial period is common as you heal.
- You may take your pain medicine as instructed by your surgeon.
Do speak to him/her if you need more medications.
- Alternatively, you may use a cold pack if the wound area is painful or warm to touch.
Apply the cold pack with a layer of towel between the cold pack and skin for about 15 to 20 minutes each time.
You may do this 3 to 4 times per day, or after you have done your exercises.
- Perform the exercises as prescribed by your therapist (refer to the next section).

04

Home Exercises

You should perform the exercises as prescribed by your therapist. If you have any questions, please check with your therapist before working on the exercises.

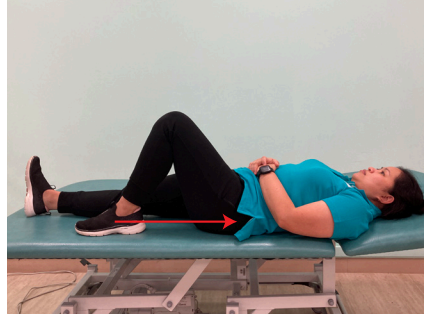
Why is it important to exercise after a hip replacement surgery?

- Restore normal movement in your joints
- Build up strength in the surrounding muscles
- Ease pain and swelling
- Help you get back to your normal activities
- Help with circulation, especially right after surgery, to prevent blood clots from forming in the veins

Range of Motion Exercises

Hip Flexion

To improve motion of the hip joint after surgery



1. Lie on your bed or on a firm surface.
2. Gently slide the heel of the operated leg up towards your buttock.
3. Keep your knee pointed up.
4. Do not overstretch.
5. Hold for 10 seconds.
Repeat 10 times.

Hip Abduction

To improve motion of the hip joint after surgery

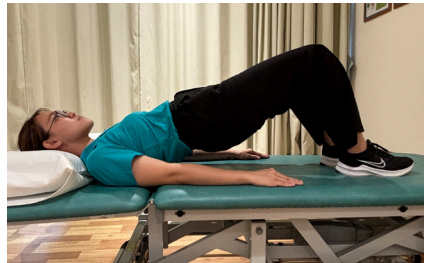


1. Lie on your bed or on a firm surface.
2. Gently slide the heel of the operated leg outwards.
3. Keep your knee pointed up.
4. Do not overstretch.
5. Hold for 10 seconds.
Repeat 10 times.

Strengthening Exercises

Bridging

To strengthen the buttocks and lower back muscles



1. Lie on your bed or on a firm surface. Bend both knees.
2. Slowly raise your hips by pushing through your heels.
3. Your hips should be in line with your trunk and knees.
4. Hold for 10 seconds. Repeat 10 times and 2 more sets.

Straight Leg Raise

To strengthen the thigh muscles



1. Lie on your bed or on a firm surface. Bend the knee of your non-operated leg.
2. Lift your operated leg about 10 inches off the bed, keeping your knee straight.
3. Hold for 10 seconds. Repeat 10 times and 2 more sets.

Note: It is normal to feel an ache or slight pain over the groin area. It will get better as you get stronger.

An ankle weight may be added for more resistance as you improve.

Hip Abduction (Sidelying)

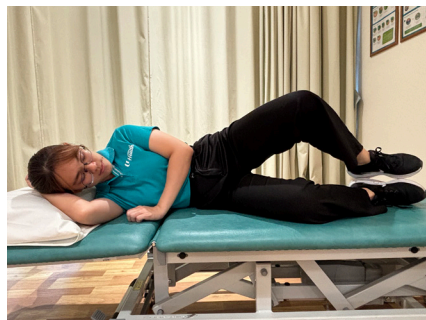
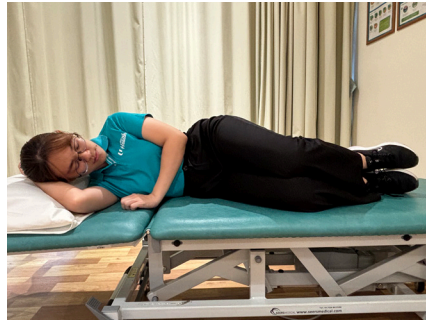
To strengthen the outer hip muscles



1. Lie on the side of your bed or on a firm surface, with a pillow/cushion between your legs.
2. Straighten and slowly raise the operated leg by about 10 inches off the bed.
3. Hold for 10 seconds. Repeat 10 times and 2 more sets.

Clam Shell

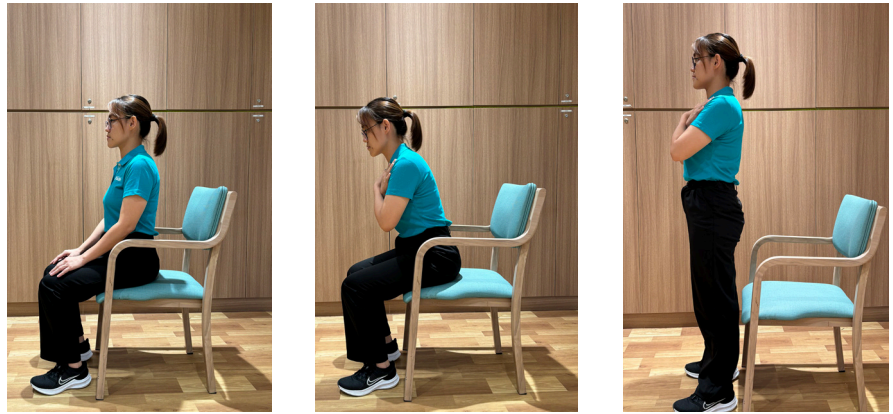
To strengthen the outer hip muscles



1. Lie on the side of your bed or on a firm surface, with a pillow/cushion between your knees.
2. Bend your knees and place your heels together
3. Gently press your heels together and raise your upper leg.
4. Keep your pelvis/trunk facing forward at all times to avoid turning at the pelvis.
5. Hold for 10 seconds. repeat 10 times and 2 more sets.

Sit to Stand

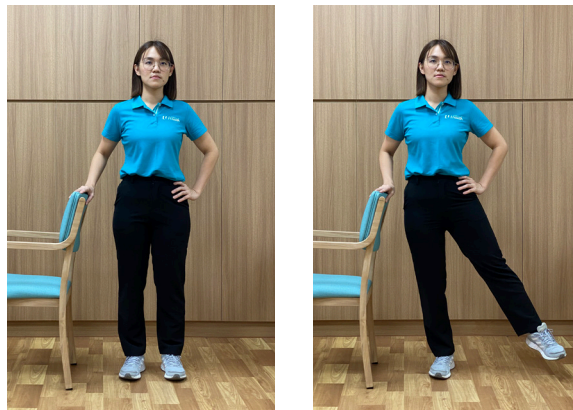
To strengthen the lower limb muscles



1. Sit at the edge of the chair, feet shoulder width apart and slightly behind knees.
2. Lean trunk forward to stand up.
3. Straighten back in upright posture.
4. Slowly bend at the hips and lean trunk forward to sit back onto chair.
5. Repeat for 10 times and 2 more sets.

Hip Abduction (Standing)

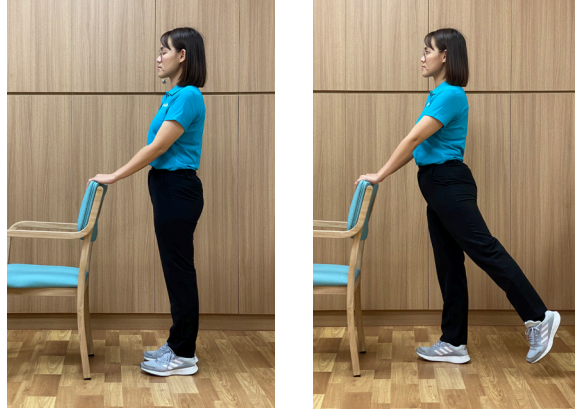
To strengthen the side hip muscles.



1. Stand beside a chair and place 1 hand on the chair for support.
2. Slowly lift your operated leg to the side.
3. Keep your back straight.
4. Hold for 10 seconds. Repeat 10 times and 2 more sets.
5. Repeat on the other side, standing on your operated leg.

Hip Extension (Standing)

To strengthen the buttock muscles



1. Stand behind a chair with hands on the chair for support.
2. Slowly lift your operated leg back, keeping your knees straight.
3. Keep your back straight.
4. Hold for 10 seconds. Repeat 10 times and 2 more sets.
5. Repeat on the other side, standing on your operated leg.

Heel Raise

To strengthen the calf muscles



1. Stand behind a stable chair and place both hands on the chair for support.
2. Slowly raise your heels and return to the starting position.
3. Your knees and trunk should be kept straight.
4. Repeat 10 times and 2 more sets.

Aerobic Exercises

- Walking and cycling may be good forms of aerobic exercise for you.
- You may start to walk short distance with a walking aid in the first 2 weeks after the surgery and progress to walking independently after 2 to 3 weeks. Some clients may take a longer time to wean off the walking aid, do check in with your therapist on this.
- In general, the recommended walking duration is:
 - **Week 1 and 2:** 2 to 3 times per day, 5 to 10 minutes each time.
You may be using a walking aid at this stage.
 - **Week 3 onwards:** Increase the distance by 10% each week (I.e if you used to walk 20 metres, increase it to 22 metres). You may seek advice from your therapist to check if you are able to do so without a walking aid.
- Your therapist may also put you on a recumbent bicycle for cardiovascular exercise after the first few weeks depending on your rate of recovery.

Notes

Managing Activities of Daily Living

Please consult your therapist if you have any doubts on the following activities.

Getting Out of Bed

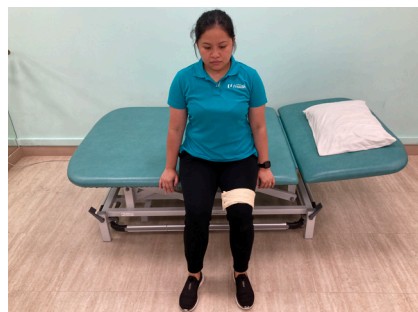
Step 1: Try to get out of the bed on the same side as your operated leg.



Step 2: Prop yourself up on your elbows and hands to get into a long sitting position (with legs in front).



Step 3: Move to the edge of the bed with the help of your non-operated leg and arms. Do not twist or cross your operated leg over your non-operated leg.



Step 4: Swivel and sit on the edge of the bed, while keeping your operated leg straight.

Step 5: Sit with your feet on the floor.

Transferring from Wheelchair to Another Chair/Bed



Step 1: Position the wheelchair next to the non-operated leg. Lock the wheelchair and move the foot and arm rest out of the way (if necessary).



Step 2: Shift to the edge of the wheelchair so that both of your feet are on the floor and reach across to the armrest of the chair.



Step 3: Stand up slowly and shift your weight towards the chair.



Step 4: Side step with your legs as needed.



Step 5: Slowly lower yourself to the chair.

Using a Walking Frame

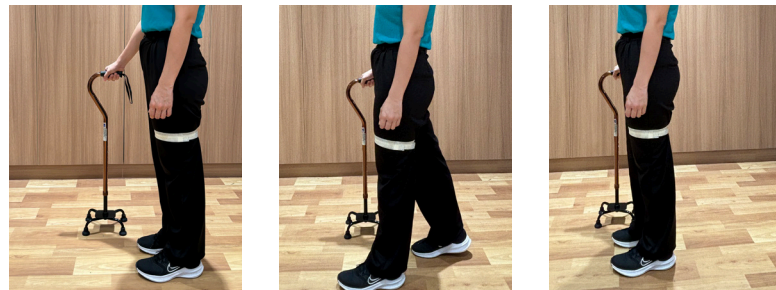


Step 1: Place the walking frame slightly in front of your feet. Be sure that all four legs of the frame are in contact with the ground.

Step 2: Step forward with the operated leg. Keep the foot within the frame. Avoid stepping too close to the front of the frame.

Step 3: Step forward with the non-operated leg to align with the other foot. Repeat the process.

Using a Walking Stick / Quad Stick



Step 1: Hold the stick at the side of your non-operated leg. Place the stick slightly in front of your feet. If you are using a quadstick, ensure all four legs of the quadstick are in contact with the ground.

Step 2: Step forward with the operated leg such that it is aligned with the stick. Gently press down onto the stick with your hand for stability and support as you step forward.

Step 3: Step forward with the non-operated leg to align with the other foot. Repeat the process.

Climbing the Stairs

Up the stairs



Step 1: Place your hand on the handrail.

Step 2: Step up with the non-operated leg. If you are using a stick/quadstick, it should be placed on the same step as your operated leg. You may press lightly on the stick for support as you go up the stairs.

Step 3: Step up with the operated leg, and bring up the stick if you are using one.

Down the stairs



Step 1: Place your hand on the handrail.

Step 2: Step down with the operated leg. If you are using a stick/quadstick, place the stick on the step below.

Step 3: Step down with the non-operated leg.

A tip to help you remember!

"Up with the good" and "Down with the bad"

Use of Assistive Devices to Help With Daily Activities



Install a raised toilet seat to help in sitting and standing



Use a shower chair to ensure a safer environment, especially for those who are unable to stand for long periods



Use a hand-held shower head to help in showering, especially for those who have difficulties balancing and will need to be seated



Use a long handle bath sponge to help in showering



Install grab bars for support to minimise slips and falls



Use a long handle reacher to assist in wearing of pants



Use a shoe horn to help you put on slip-on shoes easily

06

Frequently Asked Questions

1. Can I put weight on my operated leg after surgery?

Most of the times, clients are allowed to put weight on the operated leg after surgery. However, do check with your surgeon on how much weight you can bear on the operated leg.

2. Can I squat after a hip replacement?

Some surgeons may allow their clients to squat after their hip strength has recovered. Do seek advice from your surgeon.

3. Can I return to sports after a hip replacement?

It is good to remain active. However, some sports may place a greater strain on the hip and may not be suitable. Do seek advice from your physiotherapist or surgeon.

4. Can I carry heavy loads after a hip replacement?

There are no precautions against lifting weights. However, it is more important to strengthen your muscles to support the movement to prevent any injuries.

5. Is it normal to experience numbness at the operated area post-surgery?

Yes, it is normal. The numbness will subside after some time. However, numbness may remain in some cases, but it will not affect your daily activities of living.

6. Why do I walk with a limp after recovery?

This may be a result of muscle weakness, imbalance, or differences in leg length. Please consult your physiotherapist for a thorough assessment.

7. How long will full recovery take?

Some clients recover extremely quickly, within a month or two. However, there are also some who require a full six months before returning to their pre-surgery level of physical activity. This depends on one's functional level and health before the surgery.



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