



Δρ. Χρήστος Κ. Γιαννακόπουλος

Ορθοπαιδικός Χειρουργός, Διδάκτωρ Πανεπιστημίου Αθηνών

Πύργος Αθηνών, Κτίριο Γ', 2^{ος} όροφος, Λεωφ. Μεσογείων 2-4, Αθήνα 115 27

Τηλ.: 210 7712792 | **Κινητό:** 697 20 999 11 | **E-mail:** cky@orthosurgery.gr

Guidelines for Hip Rehabilitation

Full recovery from your total hip replacement surgery is going to take months. The information in this section will help you understand your recovery and care at home. Exercises and precautions to protect your new hip are included to help you be an active partner in your care and recovery.

Hip Precautions

Based on the type of surgery you had done, you may need to follow hip precautions. These are limits to protect your new hip joint and allow for healing. Your doctor or therapist will tell you if you need to follow these precautions.

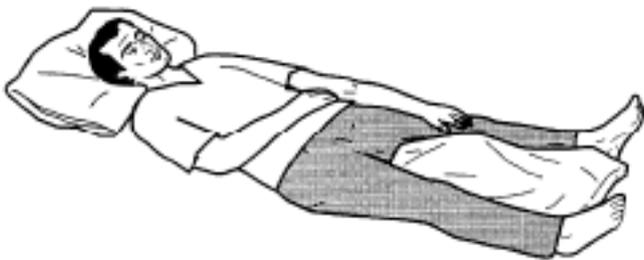
- Hip precautions are often to be followed for 2 to 6 months.
- Your new hip has a limited range of motion right after surgery. By following these guidelines, you can protect your new hip from sliding out of position or dislocating while the muscles heal.

_ Anterior approach

- _ Do not turn your leg on your new hip side out to the side of your body, called external rotation.
- _ Do not extend your new hip joint beyond a neutral position. This means you should not bend your new hip back more than you do in normal walking.

_ Posterior approach

- _ **When you are in bed, you need to keep your legs apart.** You may want to place a regular pillow between your legs to keep them apart as a reminder. The pillow also will keep your legs from turning inward or outward too far.



- _ **Do not sleep on your stomach.** Sleep only on your back, unless directed by your doctor.
- _ **Do not** turn on to your new hip side until your doctor approves.
- _ **Do not** bend your upper body at your waist forward more than 90 degrees.



_ Do not plant your feet and then twist at your hip. Pick your feet up and move your entire body around when you turn.



_ Do not reach or twist over your hip to pick up or set down items by your bed or chair. Use your reacher and keep your elbows between your knees!



_ Do not reach for anything below your knees. Use your reacher!



_ Do not cross your legs at the knees when sitting, standing, or lying.

No!



No!



_ When sitting, your knees must be lower than your hips. Sit on a cushion to keep your hips higher. Let your knee on the new hip side bend when sitting and keep your toes pointed forward. This keeps your hip from turning.



No!

