



PHYSICAL THERAPY DEPARTMENT

TOTAL HIP HOME INSTRUCTIONS/PRECAUTIONS

DO NOT:

1. DO NOT cross either leg while sitting or lying on your back.
2. DO NOT lie on your operated side.
3. DO NOT lean forward while sitting.
4. DO NOT raise your knee higher than your hip.
5. DO NOT roll your leg inward or outward excessively.
6. DO NOT sit on overstuffed furniture.
7. DO NOT move operated leg past your body's midline.

NO BENDING PAST 90 DEGREES

NO CROSSING

NO TWISTING

DO:

1. Use adaptive equipment or let someone else put on your shoes.
2. While sleeping, use a soft pillow between your legs for 6 weeks after discharge from the hospital.
3. Ambulate frequently as tolerated.
4. Ambulate with a walker, weight bearing as tolerated on your operative leg.
5. Exercise twice daily.
6. Remove throw rugs.
7. Arrange for a raised toilet seat.



TOTAL HIP HOME PROGRAM

Do Twice Daily (Before and After Surgery)

Repeat all exercises 20 times each

ANKLE PUMPS

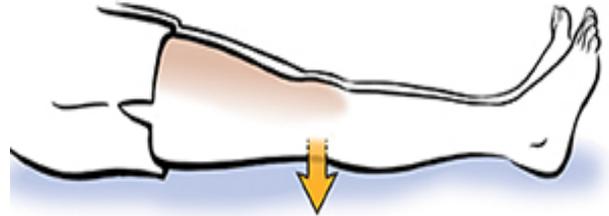


Relax your leg. Gently bend and straighten your ankle up and down as if you are pumping the accelerator of a car. Move through the full range of motion.

Repeat 20 times.

This exercise can be performed in a bed or in a chair.

QUADRICEP SETS



Lie on your back in bed. Push the back of your operated knee down into the bed and tighten the muscles on top of your thigh.

Hold for a count of 5 seconds. Relax and repeat 20 times.

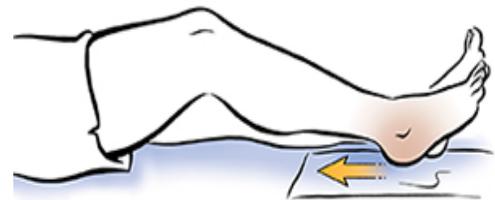
GLUTEAL SETS



Squeeze your buttocks together.

Hold for a count of 5 seconds. Relax and repeat 20 times.

HEEL SLIDES

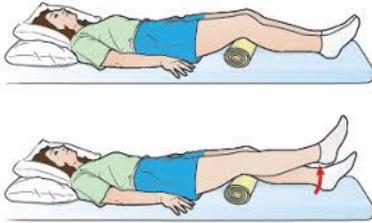


Slide the foot of your operated leg up toward your buttocks so that your hip and knee bend. Keep the other leg flat on the bed.

Bend your operated leg as far as you can and straighten it back out.

Relax and repeat 20 times.

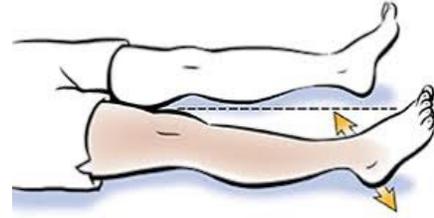
SHORT ARC QUADS



Lie with a towel roll under your operated knee. With your knee over the roll, straighten your operated knee by tightening the muscle on top of your thigh.

Hold for a count of 5 seconds and repeat 20 times.

HIP ABDUCTION/ADDUCTION



With your knee straight, gently slide your leg out to the side and back.

Relax and repeat 20 times.

ICE YOUR HIP FOR 15 MINUTES AFTER EXERCISING



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HERITAGE VALLEY
HEALTH SYSTEM

HERITAGE VALLEY REHAB/OUTPATIENT PHYSICAL THERAPY LOCATIONS

HOURS BY APPOINTMENT

EVENING HOURS AVAILABLE

SEWICKLEY

100 Hazel Lane
Sewickley, PA 15143

*Located in the Heritage Valley Edgeworth
Medical Neighborhood*

Phone: 412.749.7178
Fax: 412.749.7576

WEST ALLEGHENY

400 Penn Lincoln Drive
Imperial, PA 15126

Phone: 724.773.3065
Fax: 724.770.7932

KENNEDY

25 Heckel Road
McKees Rocks, PA 15136

Phone: 412.777.6231
Fax: 412.777.6528

79 Wagner Road
Monaca, PA 15061

*Located in the Heritage Valley Center
Township Medical Neighborhood*

Phone: 724.773.6447

BEAVER

Beaver Medical Commons
1030 Beaver Hollow Road
Beaver, PA 15009

Tel: 724.770.0172
Fax: 724.770.7921

CHIPPEWA

2580 Constitution Boulevard
Chippewa, PA 15010

*Located in the Heritage Valley Chippewa
Medical Neighborhood*

Tel: 724.773.6849
Fax: 724.770.7952

CENTER TWP.



HIP PRECAUTIONS

These precautions should be maintained for 6 weeks.

1. DO NOT flex your hip greater than 90 degrees. (This means DO NOT bring your knee higher than your hip.)
 - DO NOT lean forward while sitting or as you sit down. Keep your knees apart and the operative leg facing forward.
 - DO NOT try to pick up something on the floor while you are sitting down.
 - DO NOT bend at the waist beyond 90 degrees.
 - DO NOT reach down to pull up a blanket at your feet while lying in bed.
2. DO NOT turn your feet excessively inward or outward.
3. DO NOT cross your legs.
4. DO NOT sit in low chairs or on soft furniture.
5. While sleeping, use a soft pillow between your legs for 6 weeks after discharge from the hospital.
6. DO NOT lie on operative leg for 4 weeks. After 2 weeks, once staples are removed, you may lie on the operative side.
7. You may experience some mild discomfort while performing activities.
8. DO cut back on your exercises if your muscles begin to ache but DO NOT stop doing them.
9. Golfers may begin putting 4 weeks after surgery and may progress to a full swing 6 weeks following surgery.