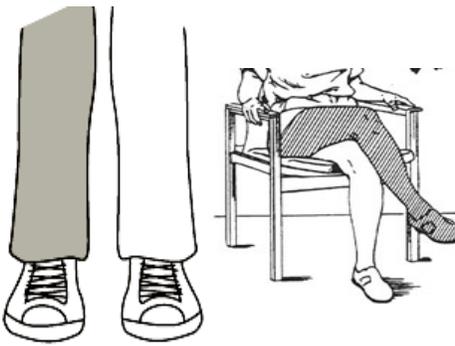


Total Hip Replacement Handout

This handout provides important information designed to prevent postoperative complications of your hip while your tendons and muscles are healing. The following hip precautions can assist in preventing undue stress on your new hip and reduce the risk of hip dislocation.

These 3 key precautions must be followed for at least 6 weeks following your surgery:

<u>1. Do not bend your hip beyond 90° when standing or sitting</u>	<u>2. Do not cross your legs at the knee or ankle</u>	<u>3. Do not twist your leg inwards or outwards (always have feet facing forward)</u>
 <p style="text-align: center;"> ✓ ✗ </p>	 <p style="text-align: center;"> ✓ ✗ </p>	 <p style="text-align: center;"> ✓ ✗ </p>

Useful Equipment

Long Handled Aids

Various types of long handled aids can assist you in performing daily tasks while you are recovering. A long handled reacher, sponge and toe wiper are some useful pieces of equipment that can help ensure you are following hip precautions.

Dressing Equipment

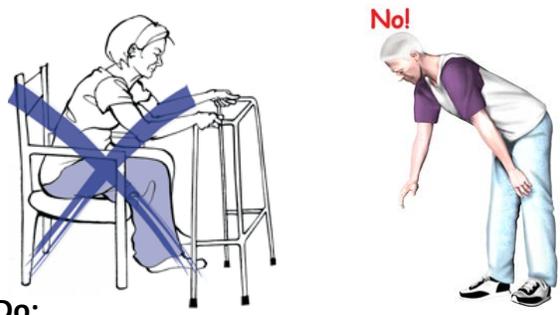
Equipment such as a sock/stocking gutter, long handled shoehorn or slip-on footwear can assist you to dress yourself independently.

Loan or Purchase of Equipment

Your occupational therapist can assist you in arranging a loan of equipment if possible and can provide information on where equipment can be privately purchased or hired. The Independent Living Centre also has an extensive range of equipment for demonstration and are able to direct to the best place of purchase [www.ilcnsw.asn.au].

Daily Activity Guidelines

These precautions must be followed whilst completing daily activities:

<p><u>Sitting</u></p>  <p>Do:</p> <ul style="list-style-type: none">✓ Sit with your hips positioned higher than your knees✓ Sit in a chair with armrests✓ Avoid recliner or rocking chairs <p>Do not:</p> <ul style="list-style-type: none">✗ Cross your legs	<p><u>Standing</u></p>  <p>Do:</p> <ul style="list-style-type: none">✓ Keep toes and kneecaps pointing forward✓ Place weight on your un-operated leg and arms to lift yourself to standing position✓ Maintain wide base of support when turning <p>Do not:</p> <ul style="list-style-type: none">✗ Bend forward to stand up✗ Do not pick things up off the floor✗ Do not cross legs when turning
<p><u>Lying in Bed</u></p>  <p>Do:</p> <ul style="list-style-type: none">✓ Sleep on your back or side (if you sleep on your side ensure there is a pillow between your legs)✓ Use a long handled reacher to pull blankets up <p>Do Not:</p> <ul style="list-style-type: none">✗ Let your feet roll in or out✗ Bend to pull your blankets up	<p><u>Getting in and out of Bed</u></p>  <p>Do:</p> <ul style="list-style-type: none">✓ Get into bed by first putting the un-operated leg onto the bed then the operated leg✓ Ensure the bed is not too low✓ Get out of bed on the operated side first

Personal Care Tasks – Showering



Do:

- ✓ Use showering equipment if recommended by your OT, to complete showering seated (this may include a shower chair/stool or transfer bench)
- ✓ Use long handled aids to assist with washing and drying your legs or ask for someone to help you

Do Not:

- ✗ Lean down to wash or dry your feet during showering
- ✗ Lie in a bath

Personal Care Tasks – Toileting



Do:

- ✓ Use toileting equipment if recommended by your OT (over toilet aid or raised toilet seat), as most toilet seats are too low

Do Not:

- ✗ Sit on low toilet seats
- ✗ Lean too far forward at the hip to push up off the toilet seat

Travelling in a Car



Do:

- ✓ Slide car seat back as far as possible and recline the seat slightly
- ✓ Lower bottom onto the edge of the seat
- ✓ Swing both legs into the car whilst leaning slightly back
- ✓ Reposition the seat in an upright position
- ✓ Do the reverse to get out of the car

Do not:

- ✗ Drive a car until your surgeon has given you permission. This may be about 6 weeks.

References

Batkin, C., Tay, B., Kilty, R. & Allchin, J. (2012). Provision of Hip Precaution Education at Concord Hospital: A review of occupational therapy practice. Unpublished.

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Kim, Y.H, Choi, Y. & Kim, J.S. (2009). Influence of patient-, design, and surgery related factors on rate of dislocation after primary cementless total hip arthroplasty. *The Journal of Arthroplasty*, 24(8), 1258-1263.

Visual Health Information, 1993. The Occupational Rehabilitation and Prescription Kit by Aline Yiu. OT.

<http://www.vh.org/adult/patient/orthopaedics/hipreplace>

<http://www.hipsandknees.com/hip/hipprecautions.html>