

Department of  
**Physiotherapy**

## Elective Total Hip Replacement



# During Your Hospital Stay

## Mobility:

- A physiotherapist will attend to you on the day of or day after your operation.
- He or She will help you get out of bed, stand up, and walk using a suitable walking aid.
- You will also learn some exercise.
- You are encouraged to do the exercises taught by the Physiotherapist throughout the day.
- Nurses may also assist you to sit out in a chair and walk to the toilet.
- As you improve, the physiotherapist will continue to give you more exercise and mobility training.
- Training may also be given to your caregiver if necessary.

## Pain and Other Symptoms:

- After your operation, it is normal to experience mild to moderate pain.
- Do inform the doctors, nurses or therapists regarding any discomfort so they can adjust your medications.

## Progress towards recovery:

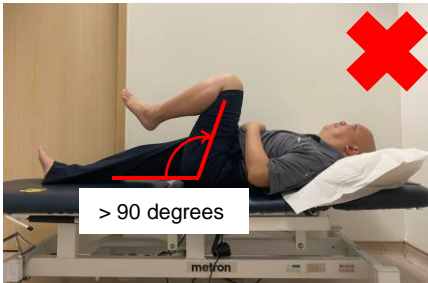
- Everyone gets better at a different speed, depending on your medical condition and function before the surgery.

# Hip Precautions

## Posterior Approach

Avoid:

- i. Bending the operated hip more than 90 degrees



- ii. Crossing your operated leg



- iii. Turning your operated leg inwards



## Lateral Approach

### Avoid

i. Moving the operated hip backwards



ii. Crossing your operated leg



iii. Turning your operated leg outwards



# Rehabilitation Exercises

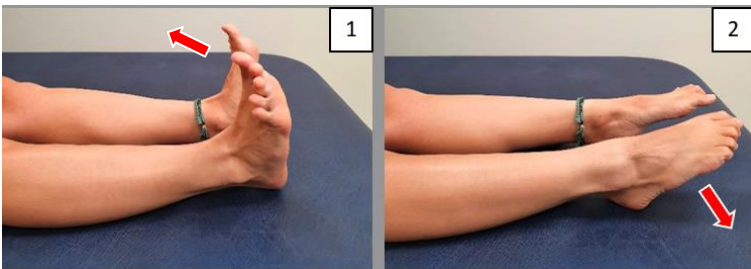
Exercises will help you to improve and reduce complications. Therefore, it is important to begin early. While exercising, it is normal to feel mild discomfort/pain. Your wound and implant will not be affected if you follow the instructions provided by your physiotherapist.

## 1. Deep Breathing Exercises



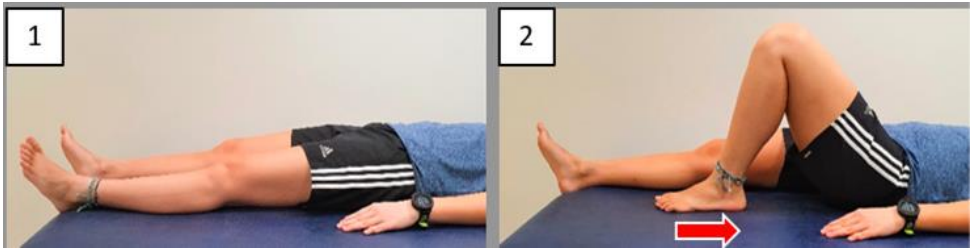
- Breathe in through your nose, while raising your arms.
- Breathe out slowly through your mouth, while lowering your arms.
- Repeat 10 times every waking hour.

## 2. Ankle Pumps



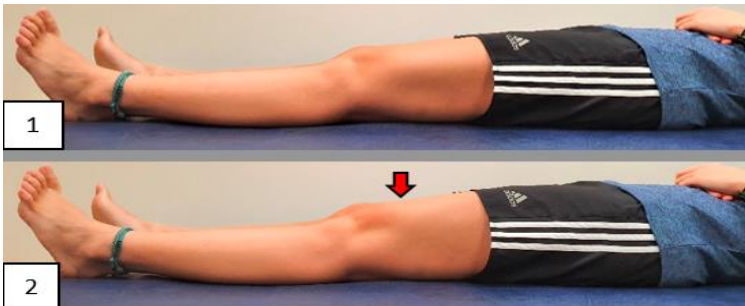
- Keeping your knees straight, move your feet up and down.
- Repeat 10-20 times every waking hour.

### 3. Heel Slides



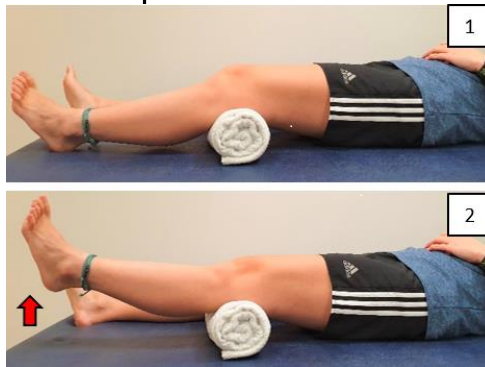
- Slide the heel of your operated leg towards your buttocks **(take note of hip precautions if there are any)**.
- Hold for \_\_\_\_\_seconds then relax.
- \_\_\_\_\_ repetitions, 3 times a day.

### 4. Static Quadriceps



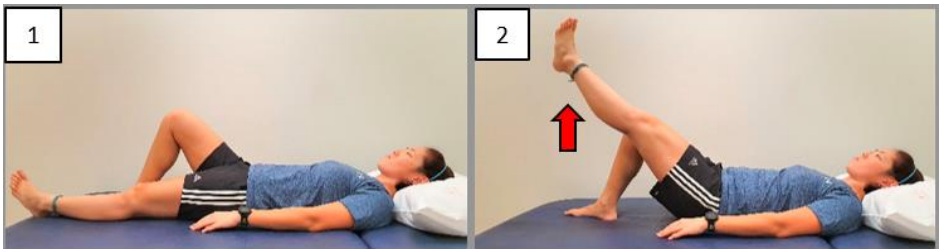
- Tighten the knee muscles of your operated leg and push your knee down into the bed.
- Hold for \_\_\_\_\_seconds then relax.
- \_\_\_\_\_ repetitions, 3 times a day.

## 5. Inner Range Quadriceps



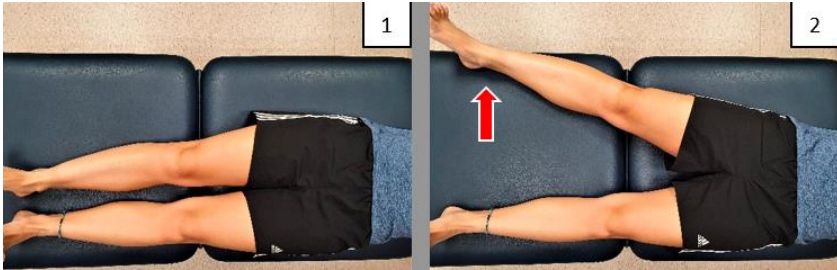
- Place a rolled up towel or pillow under the knee of your operated leg.
- Tighten your knee muscles by straightening your knee, lifting your heel off the bed.
- Hold for \_\_\_\_\_ seconds then relax.
- \_\_\_\_\_ repetitions, 3 times a day.

## 6. Straight Leg Raise



- Straighten your operated leg and lift it up to the same height as the knee of the opposite leg.
- \_\_\_\_\_ repetitions, 3 times a day.

## 7. Supine Hip Abduction



- Open your leg to the side and slide your heel outwards.
- Hold for \_\_\_\_\_seconds and relax.
- Slide your heel back to the starting position.
- \_\_\_\_\_ repetitions, 3 times a day.

## 8. Supine / Double Leg Bridging



- Lie on your back with both knees bent **(take note of hip precautions if there are any)**.
- Lift your buttocks up from the bed.
- \_\_\_\_\_ repetitions, 3 times a day.



# Preparing for Discharge

The following are things you should be aware of for your own safety, recovery and comfort after discharge:



## Wound Care

Keep your wound clean and dry. Follow the advice from our nurses.

Blood stains on the dressing are normal but observe for excessive bleeding or pus discharge.

If unsure, call the **arthroplasty hotline (9195 8305)** or consult the doctor.



## Medication

You will be given medication to help with the pain.

You may gradually reduce the amount of pain medication you take, according to how you feel.

You can take your painkillers 30mins before exercising to help relieve your pain.

# Education Upon Discharge

## Post Surgery Care



### Movement

You may still need a walking aid, such as a walking frame or quad stick, to support your hip while it heals.

You are advised to use a walking aid for at least 4 weeks unless advised otherwise by your surgeon.



### Follow up Appointments

Your first follow up visit to the Orthopaedic Clinic to see the doctor will be 10-14 days after surgery. This involves:

- Wound Inspection
- Dressing Change

## General Information

### When to seek help

- Please seek medical help if you experience the following:



Chest Pain



Shortness of  
Breath



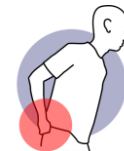
Persistent  
Fever



Excessive  
Bleeding



Yellow  
Discharge



Persistent Pain

### Daily Activities

- You should be able to perform light tasks on your own such as dressing and showering.

### Exercise

- Your physiotherapist will prescribe exercises for you to continue to do at home.
- Do remember to perform the exercises regularly to ensure optimal outcome.
- Short walks with frequent rests are encouraged. Walking is an excellent exercise for muscle strengthening, improving motion and overall stability of the hip.
- Walking does not replace the rehabilitation exercise program taught in the hospital. Continue doing your exercises prescribed by your physiotherapist.
- You are advised to continue your physiotherapy sessions. This will help you to return to normal functional status as soon as possible.

**Clinics B1C**  
TTSH Medical Centre, Level B1  
Physiotherapy Department

**Contact:**  
6357 7000 (Central Hotline)



Scan the QR Code with your smart  
phone to access the information online  
or visit

<https://for.sg/ttsh-health-library>

Was this information helpful?  
Please feel free to email us if you  
have any feedback regarding what  
you have just read at  
[patienteducation@ttsh.com.sg](mailto:patienteducation@ttsh.com.sg)



© Tan Tock Seng Hospital, Singapore 2024. All rights reserved. All information correct as of September 2024. No part of this document may be reproduced, copied, reverse compiled, adapted, distributed, commercially exploited, displayed or stored in a database, retrieval system or transmitted in any form without prior permission of Tan Tock Seng Hospital. All information and material found in this document are for purposes of information only and are not meant to substitute any advice provided by your own physician or other medical professionals.