REHABILITATION GUIDELINES FOR TOTAL HIP REPLACEMENT (DIRECT LATERAL APPROACH)

DO NOT:
1) Cross your legs when lying or sitting.
2) Pivot on your operated leg when turning (in standing), take small steps instead.
3) Sleep on your operated side for 6-8 weeks to avoid irritation to your hip.
4) Rotate your operated leg outward.
5) Place the foot of your operated side on your opposite knee.
6) Actively move your operated leg out away from your body for 6 weeks until your hip muscles are healed.
7) Avoid sitting more than 30 minutes

DO:
1) Keep a pillow between your knees when lying on your non-operated side or on your back.
2) Use a walker or cane during the time when you need to limit weight on your operated leg.
3) Allow yourself to bend forward at your waist, as long as your legs are apart. (This may be different from people you know who have had a different type of hip replacement surgery).
4) Perform your home exercise program as instructed.
5) Physical therapy exercises for direct lateral approach total hip replacement:
   LYING ON YOUR BACK:
   ANKLE EXERCISES
   THIGH SQUEEZE
HEEL SLIDES
KNEE EXTENSION
STRAIGHT LEG RAISE
SINGLE KNEE TO CHEST STRETCH
CURL UPS
LATERAL HEEL SLIDES
LYING ON YOUR STOMACH:
KNEE BENDS
LEG LIFTS
STANDING:
HIP ABDUCTION EXERCISES
6) Walk each day 4-6 times. Use a crutch or walker to stabilize yourself as necessary

7) Stationary Bicycling with the seat elevated

8) Occupational therapy for ADLs.