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REHABILITATION GUIDELINES FOR TOTAL HIP REPLACEMENT(POSTERIOR APPROACH)

DO NOT:

- 1) Bend your hips over 90 degrees:
 - Do not lean forward to put your shoes on
 - Do not reach to the end of the bed to pull up your covers
 - Do not bend down to pick up things from the floor
 - Do not reach into low cupboards or drawers
 - Do not sit in low chairs/commode chairs/couches
- 2) Cross your legs when lying or sitting.
- 3) Rotate your operated leg inward or outward.
- 4) Pivot on your operated leg when turning (in standing), take small steps instead.

DO:

- 1) Sit only in chairs with armrests to help you stand. Move to the edge of your chair before getting up. Slide the foot of your operated side forward, keeping your knee straight.
- 2) Take showers, not tub baths. Use a stool or shower chair if you need to sit for balance.
- 3) Keep a pillow between your knees when lying on your side or on your back.
- 4) Use an elevated commode seat.
- 5) When going from a sitting to supine (laying down on back) position and vice-versa, transfer towards the involved side.
- 4) Use a walker or cane during the time when you need to limit weight on your operated leg.
- 5) Physical therapy exercises for posterior approach total hip replacement:

ANKLE EXERCISES
BUTTOCK SQUEEZE
THIGH SQUEEZE
HEEL SLIDES
KNEE EXTENSION
STRAIGHT LEG RAISE
LEG SLIDES
CURL UPS
STANDING BILATERAL HIP ABDUCTION
SUPINE HIP ABDUCTION/LATERAL HEEL SLIDES

6)Occupational therapy for ADLs