

# Joint Replacement Seminar

## Top 10 things to prepare for your Joint Replacement!

10. Bring your home medicines in the original bottles with you on the day of surgery. If you use a breathing machine bring it with you as well.
9. Start to perform the exercises on the attached sheet so you are familiar with them prior to surgery. If an exercise increases your pain, stop doing it.
8. If you have a walker, get it out and attempt to navigate your home using it. Please bring your walker with you on the day of surgery. Leave it in your vehicle when you come to check in.
7. On the day of surgery, we don't want you to eat or drink anything after mid-night.
6. If you take blood pressure or cardiac medication, take these in the morning on the day of your surgery. It is alright to have a small drink of water to be able to swallow this medication. If you have a question regarding this call your surgeon or Kansas Surgery & Recovery Center.
5. Talk to family or friends and have them in place to assist you following discharge to home. We expect you to have a 2 or 3 night stay following surgery and then be discharged to home.
4. Prepare your mindset to have some pain following surgery. We will attempt to control your pain using different methods but you will have some pain after surgery.
3. Communicate any changes in your medical status or other recent medical procedures with your surgeon. Make sure they are aware of your past medical history and allergies.
2. If you have any questions prior to surgery or following discharge, we ask that you call Kansas Surgery & Recovery Center first unless it is an emergency. There is a nurse here at all times.
1. Thank you for choosing to have your surgery at Kansas Surgery & Recovery Center! We are going to work with you to ensure the best possible outcomes. This takes a TEAM APPROACH and you are the CAPTAIN of the team!



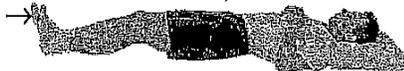
# Total Hip Replacement Exercises

## GUIDELINES

- Use static stretches (Do not bounce).
- Keep knees slightly bent while standing
- Do not hold your breath
- Do not cross your ankles or knees
- Do not bend over 90° at the hip.
- Do not point your toes in.



**Gluteal Set:** Lie flat on back. Squeeze your bottom together. Hold for 5 seconds. Repeat 10 times every hour you are awake.



**Ankle Pumps:** Lie flat on your back. Point your toes up and down using your operated leg. Repeat 10 times every hour you are awake.



**Quad Sets:** Lie flat on your back. Tighten the knee straight, push the back of the knee into bed. Hold for 5 seconds. Repeat 10 times every hour you are awake.



**Hamstring Sets:** Lie flat on your back with operated knee slightly bent. Without moving your knee, dig your heel into the bed. Hold 5 seconds. Repeat 10 times every hour you are awake.



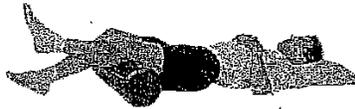
**Heel Slides:** Lie flat on your back. Slide operated foot along bed by bending your knee. Hold for 5 seconds, straighten leg and relax. Repeat 10 times, 2-3 sessions per day.



**Hip Abduction:** Lie flat on your back. Move your operated leg out to the side and back. Keep your leg straight and your toes pointed toward the ceiling. Repeat 10 times, 2-3 sessions per day.



**Straight Leg Raise:** Lie flat on your back, with un-operated leg bent. Tighten the quad and raise operated leg straight up. Hold 5 seconds. Lower slowly and relax. Repeat 10 Times, 2-3 sessions per day.



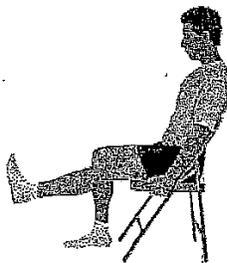
**Short Arc Quads:** Lie flat on your back, with a roll under operated knee. raise heel from bed and straighten operated knee. Hold 5 seconds and slowly return. Repeat 10 times, 2-3 sessions per day.



**Standing Hip Extension:** Stand, using a walker, kitchen counter or back of heavy chair for support. Move your operated leg straight back and hold 5 seconds. Return. Repeat 10 times, 2-3 sessions per day.



**Standing Hip Abduction:** Stand, using a walker, kitchen counter or back of heavy chair for support. Move your operated leg straight out to the side (with the foot being off the floor) and hold for 5 seconds. Return. Repeat 10 times, 2-3 sessions per day.



**Sitting Knee Extension:** Sit erect in a chair with knees bending over the edge of chair, feet resting on the floor. Lift the operated leg off the floor until knee is straight. Do not lean back. Hold 5 seconds, then repeat. Repeat 10 times, 2-3 session per day.

# INSTRUCTIONS FOR TOTAL HIP REPLACEMENTS AND HIP PROSTHESIS PATIENTS

The following precautions are advised to prevent you from dislocating your hip.

- Do not force your hip to bend past 90 degrees, a right angle, and the position of sitting.
- Do not sit in low chairs. Keep your hips above your knees. Use a pillow under your bottom in low chairs. When standing, slide your operated foot forward.
- Use a toilet seat riser when you go home. Do not reach down to your toes. This will prevent you from bending your operated hip more than the 90 degree limit.
- Do not cross your operated leg over your other leg. Always keep your knees separated from each other.
- Keep a pillow between your knees when lying on your back. Try to keep the operated leg positioned in bed so that your toes and knee point straight up.
- You can lie on either side, but keep a pillow between your legs. When partially rolling in bed, roll towards the operated side.
- Do not pivot on the surgery side, take small steps to turn. Do not run, jump, or squat when you go home. Do not twist your body and reach. Turn your body and face the object you are reaching towards.
- Do not drive a car until given permission by your physician. When riding in a car, place a cushion under your bottom and keep your surgery leg out in front of you.
- Do not take tub baths, take a shower. If necessary, put a chair in the shower for support or to sit on.
- Continue to perform the home exercise program issued to you by physical therapy. These exercises will strengthen your hip and improve your ability to walk.
- When performing stairs, ascend the stairs leading with your non-operated leg followed by the operated leg and your assistive device. Descend the stairs leading with your assistive device and operated leg, followed by your non-operated leg.

# HOW TO USE A WALKER SAFELY

## Weight Bearing Status \_\_\_\_\_

### General Instructions:

- Walk slowly and carefully.
- Remove loose rugs and other small obstacles from the floor to prevent tripping.
- Have someone walk with you until you feel steady on your feet and when performing stairs or walking on uneven surfaces.

### To Stand:

- Have the walker in front of you and scoot to the edge of the chair.
- Push up from the armrests or sides of the chair.
- Once you are balanced on your feet, place your hands on the walker.

### To Walk:

- Move the walker a comfortable distance in front of you and ensure all four legs of the walker are on the floor.
- Step forward with the operated leg and then step with the strong leg.
- Maintain the weight bearing status your physician and therapist have told you.
- If you are non-weight bearing, hold the operated leg off the floor and hop forward on your strong leg.

### Going Up One Step:

- Back up to the step using your walker. Make sure your walker and feet are against the step.
- Push down through the walker with your arms and step up with your strong leg.
- Bring your operated leg up onto the step and then bring the walker up onto the step.
- Walk backwards a few steps and then turn around with the walker.

### Going Down One Step:

- Walk to the edge of the step and place the walker on the floor in front of the step
- Advance both feet to the edge of the step.
- Push through the walker and step down leading with the operated leg and then follow with the strong leg.

### **Going Up More Than One Step:**

- If there is a rail, hold the rail with one hand and the walker turned sideways with the other hand.
- Push down through the walker and rail and step up with the strong leg.
- Bring the operated leg up to the step and then the walker up to the step.
- The walker should be on the step you are on and the step you are going to.

### **Going Down More Than One Step:**

- Turn the walker sideways and hold onto the walker with one hand and the rail with the other hand.
- Advance both feet to the edge of the step.
- Step down with the operated leg.
- Push through the walker and rail and step down with the strong leg.
- The walker should be on the step you are on and the step you are going to.

### **Performing Steps without a Rail:**

- Complete the first step the same way described under going up one step.
- Once on the first step, someone will need to assist you by stabilizing the walker on the back legs and resting the walker against their thigh.
- While the assistant is stabilizing the walker, step up with your strong leg to the next step while pushing down through the walker.
- Bring your operated leg up to the step and then bring the walker up.
- Repeat this technique until you are at the top of the stairs.
- To descend the steps bring the walker down and have it stabilized while you step down with the operated leg.
- Push down through the walker and step down with the operated leg.
- Repeat this technique until you are at the bottom of the stairs.

### **Measuring the Height of the Walker:**

- Stand with your arms hanging at your side and adjust the walker so the hand grips are level with your wrists. Someone may need to help you adjust the walker to the proper height.

If you have any questions or problems with your walker contact Physical Therapy at (316)-634-0090.

