



**Nuffield
Health**



BIRMINGHAM HIP RESURFACING

Information and Advice Leaflet

General Guidelines / Precautions

- This booklet contains some advice and exercises to follow over the next few weeks. Complete these exercises as comfort allows and do not push the joint into pain.

To Avoid for the first 6 weeks:

- Crossing legs over, we advise to use a pillow between the feet at night to avoid this.
- Twisting on the operated hip.
- Sitting in any low chairs / bending down to make the hip angle greater than 90 degrees. If you need to bend down, you need to put the operated leg out straight behind you.

General advice:

- You can fully weight bear on your operated leg unless told otherwise by your physiotherapist or consultant.
- Sleeping: We advise that you sleep on your back or the operated side for the first 6 weeks. Do not sleep on the non-operated side or there is risk of the hip twisting.
- Changing position and walking regularly will help with your recovery and help prevent blood clots.
- Ensure you take rest periods as needed—lie down for 1 hour during the day.
- Due to the original arthritis in the hip, the operated leg may feel a little longer for a few weeks.

- Avoid activities that cause unnecessary pain to the hip, stick to gentle walking only for the first 2 weeks and gradually build up activity levels.
- Early exercises and mobilisation will cause some discomfort and swelling. This is normal as the healing process is occurring.
- You can reduce swelling by elevating the leg higher than the hip and continuing to apply ice to the area for 20 minutes at a time, every few hours.
- You may return to driving when you are safe to control the car and perform an emergency stop, this is usually after 4-6 weeks.
- You may need someone else to give you a hand putting your shoes and socks on. You may find it easier to wear slip on shoes and loose fitting clothing. You can use a helping hand/long handled shoe horn to help you get dressed. Dress the operated leg first.

Walking with 2 crutches

Crutches go forward first, then the operated leg, then the good leg comes past the crutches, like a normal stride.

Continue to use the crutches until instructed by your physiotherapist, or until you are able to walk normally, without limping. Store crutches upside down when not using them.

Home Exercises

Repeat the following exercises 4 times a day, 10 of each.

Bed Exercises:

Exercise 1

Ankle pumps

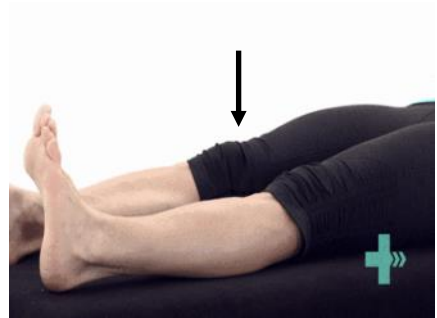
With your legs outstretched, wiggle your toes, pump your ankles up and down and rotate your ankles clockwise and anticlockwise.



Exercise 2

Static quadriceps contraction.

Imagine you are trying to press the back of your knee into the bed. Hold for 5 seconds.



Exercise 3

Knee flexion with heel on the bed

Lie on your back. Slide your heel towards your bottom.

Aim to keep your knee pointing to the ceiling.



Exercise 4

Hip Abduction

Lie on your back with your legs straight, **slide** your operated leg out to the side.



Exercise 5

Buttock squeeze

Lie on your back and tighten your buttocks as hard as you can. This can also be done in standing and sitting.



Standing Exercises:

These exercises are performed in standing with something stable to hold onto.

Exercise 6

Hip flexion

Bend the hip up to 90 degrees in front of you and slowly back down again.



Exercise 7

Standing hip abduction

Keeping the leg straight, move the leg out to the side and return to the centre.



Exercise 8

Hip extension

keeping your leg straight, take your leg back behind you. Avoid leaning forwards.



Exercise 9

Heel raises

With your feet shoulder width apart, slowly stand up on your toes, then slowly lower back down.



Exercise 10

Gentle squats

Gently bend your knees and lower yourself down. Squat down to where is comfortable, keeping the hip angle less than 90 degrees.



Stairs

Going up

1. Hold the hand rail and have both crutches in the other hand as shown.
2. Place the non-operated leg onto the step.
3. Take the operated leg onto the same step (crutch comes up last).



Going down

1. Hold the hand rail and have both crutches in the other hand.
2. Place the crutch down first and then the operated leg.
3. Bring the non-operated leg down onto the same step.



If you do not have rails on your stairs / steps, use the above pattern but with 2 crutches.

Physiotherapy

Before you are discharged, you will receive your outpatient Physiotherapy appointment. This will be in around 2 weeks time. If you have not received an appointment or wish to change your appointment please contact the Physiotherapy department on **02380258406**

What to expect after the operation:

Day 0-1

Your Physiotherapist will teach you the exercises and help you get out of bed. You will walk with a walking frame and progress to crutches when you are ready.

Day 1 –2

You will continue to mobilise with crutches and complete exercises. You will practice on the stairs / steps if you have them at home. Once completed, you are safe to be discharged home to continue with your rehabilitation and recovery.

2 Weeks post-op:

You will see the outpatient nurse who will remove your clips / stitches and check your wound. You will also see the Physiotherapist who will check your mobility and exercises and progress these as able. You will need transport to get to these appointments as you will not be able to drive for up to 6 weeks post operation.

3-12 Weeks post-op:

Your Physiotherapist will discuss with you what they recommend for your further post-op rehabilitation. The majority of people are discharged after 3-4 sessions.

FAQ's

How much should I be doing after my surgery?

Remember to move little and often. For the first two weeks aim for short frequent walks in the house, using your crutches. After two weeks you can gradually increase your walking distance and time, build up slowly and do take a rest day if your hip becomes sore.

How long should I use pain relief for?

You should continue with regular pain medication for at least two weeks after surgery. This ensures you can do your exercises and keep mobile. You can then begin to wean yourself off pain medication when you are back doing all your usual activities of daily living.

Is it painful?

Yes the surgery is painful. This is why it is important to take pain medication as instructed, use ice on the hip and do the exercises to help with muscle stiffness and soreness. You can expect the hip to feel sore and uncomfortable for up to 3 months post-op.

When will I be able to return to normal activities?

Within 6 weeks you should find you are back to most day to day activities, such as driving, walking, housework. You can start breast-stroke swimming and golf at 12 weeks. For other sports and activities your Physiotherapist will be able to guide you.

When will I be able to return to work?

This depends on your occupation, sedentary occupations usually find they can gradually return to work after 6-8 weeks. For manual jobs we would recommend at least 12 weeks off work.

If you have any problems or concerns please telephone:

023 8025 8406

It is company policy to provide credit/debit card details on arrival of appointments.

Nuffield Health Wessex Hospital

Telephone: 023 8025 8406

Email: wessex.physiotherapy@nuffieldhealth.com

Winchester Road, Chandlers Ford, Eastleigh, Hants SO53 2DW

www.nuffieldhealth.com