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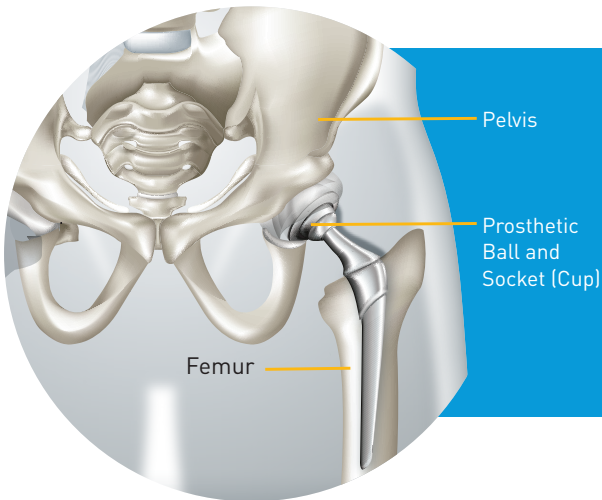


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# Total Hip Replacement (THR)

## Total Hip Replacement (THR)

Total Hip Arthroplasty (Replacement) is a complex procedure that involves the removal and replacement of both the head of the femur and the acetabulum. The acetabulum is replaced with a plastic and metal component and the head of the femur is replaced with a metal component which is inserted into the shaft of the femur. This procedure aims in pain relief, functional restoration, and overall improved quality of life. Once considered as a procedure limited to the elderly, low-demand patients, but it is becoming an increasingly popular procedure performed in younger patients too.



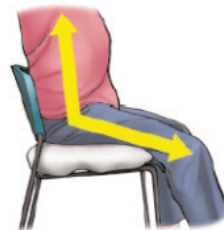
### After Surgery

On the first or second day after your surgery, a physical therapist will come to your bedside to begin your postoperative treatment. Your physical therapist will review any postsurgical precautions to take to prevent re-injury and to help restore your full function.

**To reduce the risk of dislocation, follow the precautions below for a period of at least 6 weeks.**



1. Do not bend the operated hip past 90°



2. Avoid low chairs (your occupational therapist will advise you of your safe sitting height and should check the heights of your chairs at home). Do not raise your knee higher than your hip in sitting, do not lean forwards in sitting (keep your shoulders behind your hips).



3. Do not cross your legs



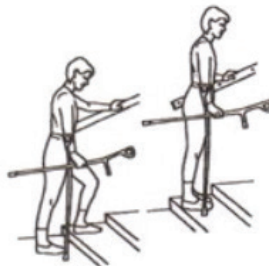
4. Do not turn your operated leg inward in a pigeon toe position.



5. Do not roll or lie on the unoperated side



6. Getting out of bed with unoperated leg first.



7. Stairs Ascending:

- Hold on to your rail/rails.
- Step up with your un-operated leg first, then your operated leg.
- Followed by your stick or crutches.



8. Descending:

- Hold on to your rail/rails.
- Place your crutches or stick down one step.
- Step down with the operated leg first, follow with the un-operated leg

9. Hip Abduction pillow: Hip Abduction Pillow is used to prevent the hip from moving out of the joint. The abduction pillow is ideal for positioning the lower extremities following hip replacement surgery. The foam padding is designed to protect dressings and offers light compression helps prevent swelling and pain.



### Getting Into and Out of a Car

After hip surgery, getting into or out of a car can be difficult. To keep your hip safe, follow your "hip precautions" and the tips on this sheet. The steps below help you get into a car. Reverse them to get out of a car.

#### Before getting into a car

- Have someone move the seat as far back as it will go.
- Recline the back of the seat if possible.
- Place a pillow on the seat to keep your hips above your knees, especially if the seat is low.

#### 1. Sit down

- Stand with your back to the car. Keep your operated leg straight and that foot slightly forward. Feel the car touch the back of your other knee.
- Hold onto the side of the car and the walker or dashboard.
- Lower yourself slowly onto the seat. Watch your head.



### Exercises:

The following exercises need to be done regularly throughout the day to reduce the risk of chest infection and blood clots in the calf. You should start these exercises as soon as possible after your operation.

Deep breathing: Breathe in through the nose. Hold for 2-3 seconds. Breathe out through the mouth. Do 3 or 4 deep breaths, then relax.



Circulatory exercises - ankle pumps Point and bend your ankles, a minimum of ten times.

1) Static quads lying with your legs out straight in front of you, tighten the muscles on the front of your thigh by squashing your knee down in to the bed and pulling your toes up towards you. Hold for a count of 5, relax completely.



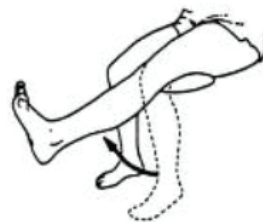
2) Gluteal squeeze Squeeze your buttock muscles together as tightly as possible for a count of 5, relax completely.

3) Hip flexion/ Heel slide Lying with your legs out straight in front of you, slide the heel of your operated leg up towards your bottom, allowing your hip and knee to bend. Do not let your hip bend more than a right angle. Slide your heel back down again, relax completely.



4) Hip abduction Lying with your legs out straight in front of you, keeping both legs straight and your toes pointing towards the ceiling throughout, move your operated leg out to the side slowly. Return your leg to the start position, relax completely.

5) Long arc quadriceps in your chair, kick your foot forward and straighten your operated leg slowly, hold for 5 seconds and slowly lower back down. Relax completely.



6) Hip flexion slowly lift the knee of your operated leg towards your chest. Do not bend your hip more than a right angle. Lower your foot back down, relax completely.



7) Hip extension keeping your body upright throughout the exercise, slowly move your operated leg as far back as possible, return to the starting position, relax completely.



8) Hip abduction keeping your body upright throughout the exercise, slowly move your operated leg out to the side, keeping your toes pointing forwards. Return to the starting position, relax completely