



## **PHYSICAL THERAPY SECTION**

### **TOTAL HIP ARTHROPLASTY POST-OPERATIVE PRECAUTIONS**

**For up to 6-8 Weeks Post-op**

#### **DO NOT:**

Sit in low, soft furniture because your hip will flex too much.

Go on prolonged car rides – do stop frequently and stretch.

Do not drive until cleared with your physician (usually 6 weeks post-op).

Pivot on your operated leg.

Sit too long (> ½ hour) and become overly fatigued.

Take chances – be careful on uneven or wet ground.

Squat, cross your legs or ankles – be careful when picking up objects and bending at the waist.

#### **DO:**

Sleep on your back for 6 weeks with a pillow between your legs.

Use a walker or crutches bearing the amount of weight as instructed.

Use a raised toilet seat, reacher and shower seat.

Use TED hose for 6 weeks. If calf pain or swelling occurs, see your physician.

Sit on a stool to garden and use a long handled tool.

Keep housework light – no heavy lifting.

Take frequent, short walks and get adequate rest.

Continue your exercise program as directed by your physical therapist.

Maintain a balanced diet to avoid weight gain.

If you travel by air, tell the security guards that you had a hip replacement – you may set off the metal detectors. Pick up an “Implant Card” from the Orthopedic Clinic.

**Permanent Precautions:**

Avoid squatting.

Carry loads (such as briefcase, groceries, etc.) on side of operation.

Use caution when bending at the waist to pick up objects.

Do not play sports that involve repetitive jumping and acceleration/deceleration such as basketball, racquetball, and singles tennis. Walking, swimming, and bicycle riding are better.

Extended running is not advisable because of the stress on the implant-bone interface.

Repeated climbing or horseback riding may be harmful.

**Sport Activities**

<b>Sports Not Contraindicated</b>	<b>Postoperative Initiation</b>	<b>Return to Previous Level of Activity</b>
Swimming	Pool aquatic activity at 6 weeks if wound healed	1 year
Bowling	3 months	6 months
Golfing	Chipping and putting – 3 months Driving – 6 months	Ok to start at 6 months Full activity at 1 year
Tennis Doubles	6 months	1 year
Snow Skiing	Greens/Blues 6 months	1 year
Horseback Riding	3-6 months if experienced	1 year
Bicycling	Stationary (at home) – 2 months Outdoor – 3 months	1 year

**Sports / Activities Not Recommended**

Jogging / Running / Jumping
Basketball / Football / Baseball / Soccer / Volleyball
Waterskiing