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ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

POST-OP BRIDGE PROGRAM · UNTIL PHYSICAL THERAPY BEGINS · SHAYNEKELLYORTHODOTCOM

After Total Hip Replacement: Your First Days at Home

PRECAUTIONS — READ FIRST

HIP PRECAUTIONS: Do not bend the hip beyond 90 degrees (no low chairs, no leaning far forward). Do not turn the operated leg inward. Do not cross your legs. Walk with your walker or crutches, weight as tolerated. Ice 20 minutes of every hour and elevate for swelling. Outpatient physical therapy starts within days of surgery.



Ankle Pumps (leg elevated) 10-15 times, every hour while awake

With the leg elevated, pull your toes up toward you, then point them down.



Quad Sets 10-15 times. 2-3 sets, 2-3 times a day

With the leg straight, tighten the muscles on the front of your thigh, pressing the back of the knee down. Hold 5 seconds. Relax.



Gluteal Sets 10-15 times. 2-3 sets, 2-3 times a day

Lying flat, squeeze your buttocks together. Hold 5 seconds. Relax.



Supine Hip Abduction 10-15 times. 2 sets, 2-3 times a day

Lying on your back with the leg straight, slide the operated leg out to the side along the bed, keeping the kneecap and toes pointing at the ceiling. Slide back to the middle — do not cross past the middle.

Educational information, not medical advice. This is not a substitute for the specific instructions Dr. Kelly and your physical therapist give you. Follow your own care team's directions. In an emergency, call 911.

