

Welcome to your pre-admission Rehabilitation information for your total hip replacement. Please review all information as well as watch the videos, paying particular attention to the Hip Precautions and Before Surgery sections. We will have an Occupational Therapist or Physiotherapist follow up with you via phone call prior to your surgery to review your individual home setup, equipment needs and answer any questions you may have.

- Before, During and After Total Joint replacement provincial OASIS booklet:
<https://vch.eduhealth.ca/PDFs/FB/FB.130.B393.pdf>

Most patients require **equipment** to assist them during recovery. Following your surgery, you will not be allowed to bend your hips past 90 degrees. Typical equipment required after hip replacement includes:

- 2 wheeled walker
- Pair of canes (although you can wait on this item until you progress with outpatient physio post-op)
- Shower Chair (if you use a walk-in shower) or Tub Transfer Bench (if you use a bathtub)
- Long handled reacher
- Crutches (if you have stairs)
- High density firm foam cushion to raise the heights of seat surfaces to about 2 inches above knee level.
- Raised Toilet Seat
- Toilet Safety Frame
- Long handled shoe horn
- Sock aid

Rent, Purchase or Borrow from (recommended option):

- Medical equipment suppliers - A list of suppliers in the Fraser Health Region is attached, as well as more specific local Langley information.
- Pharmacies and department stores - Purchase only.
- Extended health benefits, Veterans Affairs and Provincial-Persons with Disability (PWD) and Persons with Persistent Multiple Barriers (PPMB) may cover rental or purchase costs. Contact them directly.
- ICBC, WorkSafe BC.
- Friends and family.

Medical Equipment Provision Program (MEPP):

- Formally known as the Canadian Red Cross-Short Term Loan Program. You may be able to borrow equipment for up to 3 months but will require a Health Care Professional referral, and should be used when above options are not available. Please check in with the Occupational Therapist during your one to one phone call if you need to obtain equipment through the MEPP referral/Red Cross program. Locations, hours and supplies have been limited during COVID-19.

Please bring the following items to hospital with you:

- Supportive shoes like running shoes
- Loose fitting clothing

Two items you will need for your Physio exercises:

- Exercise 6: A roll to go under your knee (for example a coffee can or rolled up yoga mat).
- Exercise 3 and 5: A board to slide your leg on (for example a piece of plastic or crazy carpet sledding material). If these are not available talk to your inpatient therapist post surgery for other options.

Important Note: you will be unable to drive for approximately 6 – 8 weeks after surgery. Please arrange for **transportation** to and from any appointments you may have post-op.

If you have further questions after your one to one OT phone call, please reply to the email that they will be sending you or call the OT department at 604-514-6000 extension 745285.



Bath Transfer Bench



Bath Board



Shower Chair



Clamp-on Grab Bar



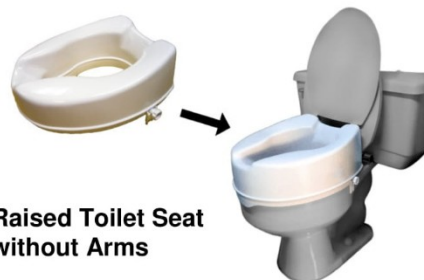
Toilet Safety Frame



Commode Chair with Wheels



Raised Toilet Seat with Arms



Raised Toilet Seat without Arms

Hip Replacement Surgery

Online Resources

Before your surgery, read and view these online resources for your hip replacement.

Scan QR Code
to resource

Booklets

[‘Before, During and After Hip and Knee Replacement Surgery’](#)

This booklet describes what you can do before, during and after hip and knee replacement surgery including overview about hip and knee replacement, pain control, what to expect while you are in the hospital, caring for yourself at home, and available resources.



[‘Exercise Guide for Hip Replacement Surgery’](#)

Patients who prepare for surgery and take part in their care can recover in less time and with less pain. This guide has general information along with tips and goals for exercising before and after surgery.



Videos

Joint Replacement

[Part 1:](#)

Preparing for Surgery.



[Part 3:](#)

Getting back on your feet.



[Part 2:](#)

A journey through the hospital



[Part 4:](#)

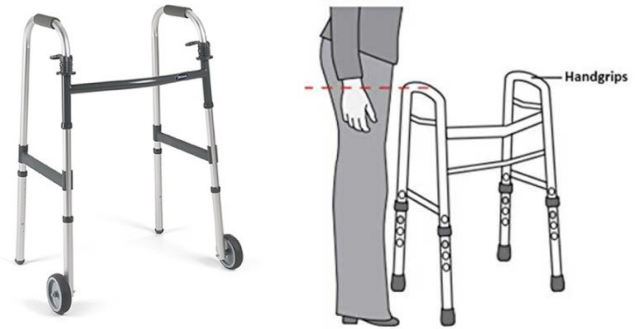
Pain Management.



Fitting Walking Aids

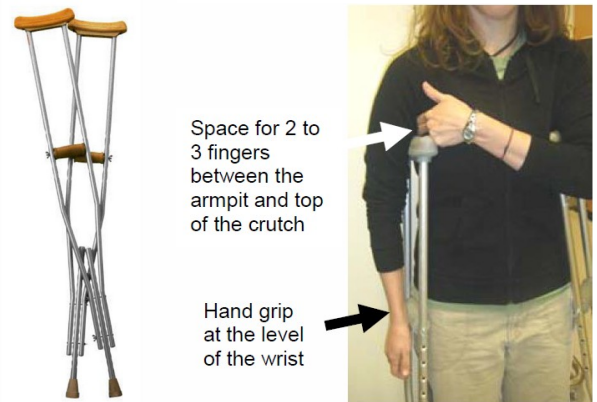
2 Wheeled Walker

- Before you start: Put on the shoes that you would normally wear when using the walker.
- Stand up straight and look ahead.
- Relax your arms by your sides.
- Lastly, adjust the height of the walker so that the top of the handle of the walker is level with your wrist joints.



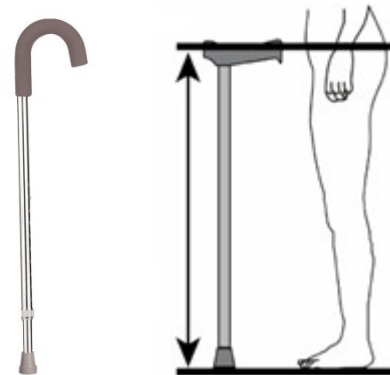
Crutches

- Before you start: Put on the shoes that you would normally wear when using crutches.
- Stand up straight and look ahead.
- Raise or lower the centre posts so that you can fit two to three fingers between your underarm and the top of the crutch.
- AT NO TIME should the top of the crutch push into your armpit or should you lean on top of the crutches with your armpit, as you may damage the nerves situated there.
- Lastly, raise or lower the handgrips so that your arm bends slightly at the elbow.



Cane

- Before you start: Put on the shoes that you would normally wear when using the cane.
- Stand up straight and look ahead
- Relax your arm by your sides.
- Lastly, adjust the height of the cane so that the top of the handle of the cane is level with your wrist joint.



MEDICAL EQUIPMENT VENDORS

| SUPPLIER | ADDRESS | PHONE |
|---|---|----------------|
| 1st Choice Mobility www.1stchoicemobility.ca | 108 663 Sumas Way Abbotsford | 604-850-2344 |
| Abbey Medical Supplies Ltd www.abbeymedicalsupplies.com | 5 31813 South Fraser Way Abbotsford | 604-850-1755 |
| BC Medequip Home Health Care www.bcmedequip.com | 2230 Springer Ave Burnaby | 604-888-8811 |
| Burnaby Orthopaedic & Mastectomy www.burnabyorthopaedic.com | 302 4900 Kingsway Burnaby | 604-436-6092 |
| Crossroads Mobility Solutions www.crossroadsmobility.net | 110 9547 152 Street Surrey | 778-395-2221 |
| | 1446 Johnson Road White Rock | 778-291-1222 |
| Discount MediQuip www.discountmediquip.ca | 45672 Airport Road Chilliwack | 604-392-2929 |
| *Gently used and new equipment | | |
| Direct Medical Supplies Inc. www.directhomemedical.com | 16354 18 Ave Surrey | 604-531-3507 |
| HipSaver (Brown Healthcare) www.hipsaver.ca | Online purchase for hipsaver hip protectors and headsavers | 1-888-771-0977 |
| HME Mobility and Accessibility www.hmebc.com | 140 19288 22 Ave South Surrey | 604-535-5768 |
| | 130 4011 Viking Way Richmond | 604-821-0075 |
| Home2Stay www.home2stay.com | 148 West 6 Ave Vancouver | 604-259-1211 |
| Lancaster Medical Centre www.lancastermed.com | 101 13710 94A Ave Surrey | 604-582-9181 |
| | 601 West Broadway Vancouver | 604-873-8585 |
| | 203 6741 Cariboo Road Burnaby | 604-708-8181 |
| Lifecare Medical www.lifecare1.ca | 3030 Lincoln Ave Coquitlam | 604-941-5433 |
| Lighthouse Medical www.lighthousemedicaltd.com | 3 91 Golden Drive Coquitlam | 1-866-506-5862 |
| *hip protectors only | | |
| Macdonald's Home Health Care www.macdonaldshhc.com | 746 West Broadway Vancouver | 604-872-5496 |
| Motion www.motioncares.ca | 111 6360 202 Street Langley | 604-530-1735 |
| | 101 8255 N Fraser Way Burnaby | 604-516-0009 |

NOTE: This list of vendors is provided for your information only. While effort has been made to provide accurate info, no responsibility will be accepted for any errors or omissions. This list is not intended to promote any particular vendor, nor is it meant to be a comprehensive listing. Please verify information with vendors directly. No responsibility will be accepted for any arrangements made between the client or family and any vendor found on this list.

| | | |
|---|---|--|
| National Seating and Mobility www.nsm-seating.ca | 4 17675 66 Ave, Surrey 150 30583 Iron Mills Court, Abbotsford 114 1533 Broadway St, Port Coquitlam 48 East 6 th Ave, Vancouver 1340 Pemberton Ave, North Vancouver 101 8620 Glenlyon Parkway, Burnaby | 604-574-5801 604-852-3191 604-944-9644 604-872-5800 604-990-9422 604-293-0002 |
| Next Day Access www.nextdayaccess.com/vancouver-bc/ *stair/porch lifts, ramps, grab bar installation only | | 604-239-2413 |
| Regency Medical Supply www.regencymed.com | 4437 Canada Way Burnaby | 604-434-1383 |
| Regional Disabled Persons Association Equipment Registry http://www.vcn.bc.ca/~rdpalang/rdpa-registry.html *links people who have equipment to sell with those wishing to purchase | 2 20179 56 Ave Langley | 604-533-2415 |
| Save on Scooters & Medical Equipment Inc. www.saveonscooters.ca | 15231 16 Ave Surrey | 604-541-7550 |
| Shoppers Home Health www.wellwise.ca | 135 12080 Nordel Way Surrey 202 370 East Broadway Vancouver | 604-597-2097 604-876-4186 |
| Sidewinder www.sidewinderconversions.com *adapts vehicles | 44658 Yale Road West Chilliwack | 604-792-2082 |
| SilverCross www.silvercross.com | 101 8289 North Fraser Way Burnaby | 604-326-1117 |
| South Surrey Medical Equipment www.southsurreymedicaledgequipment.com | 930-15057 32 Ave Surrey BC | 778-545-0102 778-837-6358 |
| Sunquest Mobility and Medical Equipment www.sunquestmobility.com | 618 Sixth St New Westminster | 604-968-5045 |
| Tri City Home Medical Equipment www.tricityhomemedicaledgequipment.com | 1110 1368 Kingsway Ave Port Coquitlam | 604-945-0980 |
| The Foam Shop www.foamshop.com *Foam and fabric only | 144 19653 Willowbrook Drive Langley 105 15355 Fraser Highway Surrey 5C 33655 Essendene Ave Abbotsford | 604-534-3584 604-580-3626 604-859-3511 |
| The Rehab Shop www.therehabshop.com | 7 45905 Yale Road, Chilliwack 1124 Boundary Rd, Burnaby | 604-792-2002 604-434-8300 |
| Wheelchair Works www.wheelchairworks.ca | 5 33550 South Fraser way Abbotsford | 604-674-0055 |
| Valley Evergreen Pharmacy www.valleypharmacy.ypwebsites.ca | 20577 Douglas Crescent Langley | 604-534-1332 604-534-9528 |

NOTE: Smaller items such as raised toilet seats, bath seats, walkers, canes, crutches and bed assist bars may also be found at local pharmacies or department stores.

Used equipment may be found at consignment stores, thrift stores, on buy and sell sites, or from family and friends. If you choose to purchase used equipment you are responsible to ensure that the device is in good working order.

MEDICAL EQUIPMENT VENDORS Rental/Purchase Prices

| SUPPLIER | 2 Wheeled Walker | | Crutches | | Cane | | Raised Toilet Seat | | Toilet Safety Frame | | Shower Chair | | Tub Transfer Bench | | Cushion |
|---|--------------------------------|----------------|-------------------|----------------|------|----------------|--------------------|----------------|---------------------|----------------|----------------|----------------|--------------------|-----------------|----------------|
| | Rent | Buy | Rent | Buy | Rent | Buy | Rent | Buy | Rent | Buy | Rent | Buy | Rent | Buy | Buy |
| Motion www.motioncares.ca 111 6360 202 Street Langley 604-530-1735 | \$15 per day or \$50 per month | \$169.95 | \$30 per month | \$80 and up | N/A | \$20 and up | N/A | \$63.95 and up | N/A | \$75 and up | N/A | \$70 and up | N/A | \$169.95 and up | \$27.50 and up |
| Murrayville Remedy's Rx Pharmacy 102 22112 52 Ave Langley 604-534-6600 | N/A | N/A | \$39.00 per month | \$39.00 and up | N/A | \$19.99 and up | N/A | \$36.00 and up | N/A | \$63.00 and up | N/A | N/A | N/A | N/A | N/A |
| National Seating and Mobility www.nsm-seating.ca 17675 66 Ave Surrey 604-574-5801 | \$55 per month | \$169 and up | \$35 per month | \$44 and up | N/A | \$37.71 | N/A | \$47.69 and up | \$32 per month | \$69 and up | \$35 per month | \$65 and up | \$43 per month | \$169 and up | \$55.76 |
| Valley Evergreen Pharmacy www.valleypharmacy.ca 20577 Douglas Crescent Langley 604-534-1332 604-534-9528 | N/A | \$99.99 and up | N/A | \$39.99 and up | N/A | \$29.95 and up | N/A | \$52.99 and up | N/A | \$65.00 and up | N/A | \$54.99 and up | N/A | \$149.99 and up | \$59.99 and up |
| The Foam Shop www.foamshop.com 144 19653 Willowbrook Drive Langley 604-534-3584 | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | N/A | \$55 and up |

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HEALTH EQUIPMENT LOAN PROGRAM

BC Lower Mainland Region

Due to COVID-19

Last edit: 1 February 2022

Abbotsford

Mon - Sat 11:00 am – 1:00 pm
#1 – 34220 South Fraser Way
Abbotsford, BC V2S 2C6

T 604-556-3526
F 604-556-3546

Port Coquitlam

Mon – Fri 10:00 am – 1:00 pm
Sat 10:00 am – 4:00 pm
#104 – 1776 Broadway Street
Port Coquitlam, BC V3C 2M8

T 604-944-9042
F 604-944-9073

Burnaby

Mon – Sat 9:30 am – 12:30 pm
Edmonds Neighbourhood
Community Resource Centre
#105 – 7355 Canada Way
Burnaby, BC V3N 4Z6

T 604-522-7092
F 604-522-1853

Richmond

Mon – Fri 9:00 am – 12:30 pm
Sat 9:00 am – 2:00 pm
#101 – 3850 Jacombs Road
Richmond, BC V6V 1Y6

T 604-270-4224
(Extension 3)
F 604-270-6781

Chilliwack

Mon – Fri 9:00 am – 12:00 pm
Open 1 Saturday morn/month; call for dates
9290 Mary Street
Chilliwack, BC V2P 4H4

T 604-792-2343
F 604-792-2783

Squamish

Mon/Wed/Fri
9:00 am – 12:00 pm
38150 Behrner Drive,
P.O. Box 992
Squamish, BC V8B 0A7

T 604-892-5318
F 604-892-5308

Langley

Mon – Fri 9:00am – 12:00pm
#106 – 20530 Langley Bypass
Langley, BC V3A 6K8

T 604-532-2282
F 604-532-5663

Surrey

Mon – Fri 9:00 am – 12:00 pm
Sat 9:00 am – 3:00 pm
Wed 6:00 pm – 8:00 pm
#109-14727 108th Ave.
Surrey, BC V3R 1V9

T 604-930-9049
F 604-930-9036

Maple Ridge

Mon/Wed/Fri
12:30 pm – 4:00 pm
#5 – 11435 201A Street
Maple Ridge, BC V2X 0Y3

T 604-465-5050
F 604-465-5054

Vancouver

Mon – Sat 9:30 am – 4:00 pm
209 West 6th Avenue
Vancouver, BC V5Y 1K7

T 604-301-2566
F 604-301-1162

North Vancouver

Mon/Fri 9:00 am – 1:00 pm
Tue/Wed/Thu 9:00 am – 4:00 pm
New Address effective Feb 22, 2022
Lions Gate Community Recreation
Centre (access via underground
parkade)
1733 Lions Gate Lane
North Vancouver, BC V7P 0C7

T 604-988-7115
F 604-988-7105

White Rock

Mon/Tue/Thu/Fri/Sat
9:30 am – 12:30 pm
Wed 1:30 pm – 4:30 pm
#16 – 1480 Foster Street
White Rock, BC V4B 3X7

T 604-536-7911
F 604-536-7956

Total Hip Replacement

EXERCISES

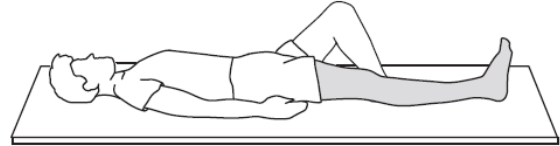
All exercises are to be done 3 times a day. Pain medication is to be taken 30-60 minutes before exercise. Start each exercise with 5 repetitions and gradually increase to a maximum of 10 repetitions.

1) Pump your Ankles



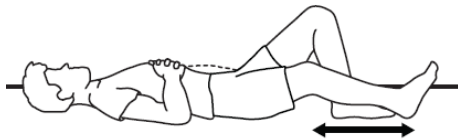
2) Thigh Tightening

While lying and with your leg straight, tighten the muscles on the front of your thigh and push the back of your knee into bed. Hold for 5 seconds.



3) Heel Slide

- Lie on your back with knees bent, feet in line with shoulders.
- Pull your belly button into your spine. Hold, keeping back and pelvis stiff.
- Slide affected leg down the bed until leg is straight
- Bend knee and slide leg back to starting position.



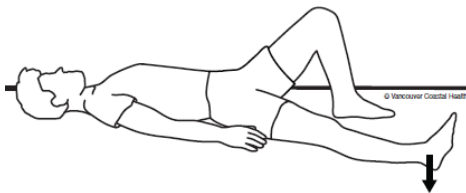
4) Buttock Squeeze

- lie on your back with legs straight.
- Squeeze lower buttocks together gentle, as if holding a pencil between your buttocks.
- Hold for 6 seconds.



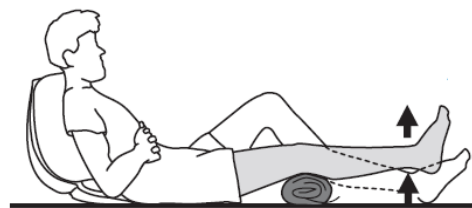
5) Leg Slide Out

- Lie on your back with affected leg straight.
- Put a sliding board under your leg.
- With toes pointed to the ceiling, slide affected leg to the side and return to midline.



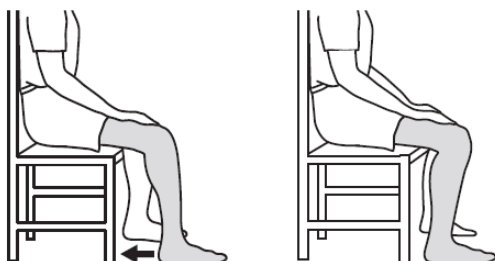
6) Knee Straightening Over Roll

- Place a large rolled up towel under your knee.
- Push knee into roll and lift heel.
- Hold for 5 seconds.



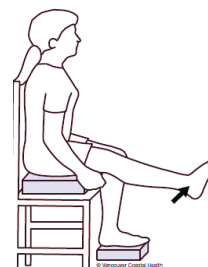
7) Sitting Knee Bend

- Sit with feet on floor.
- Slide heel back to bend your knee.

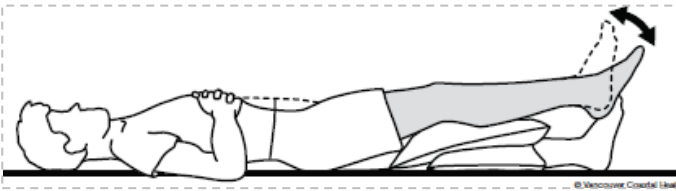


8) Sitting Knee Straightening

- Straighten the affected leg as shown.
- Hold for 5 seconds.



ELEVATION AND ANKLE PUMP



This helps to reduce swelling and risk of blood clots. Pump your whole foot up and down.

WEIGHT BEARING

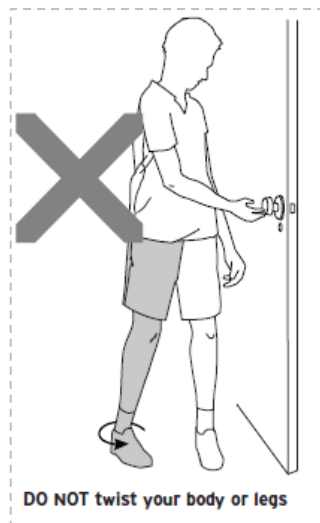
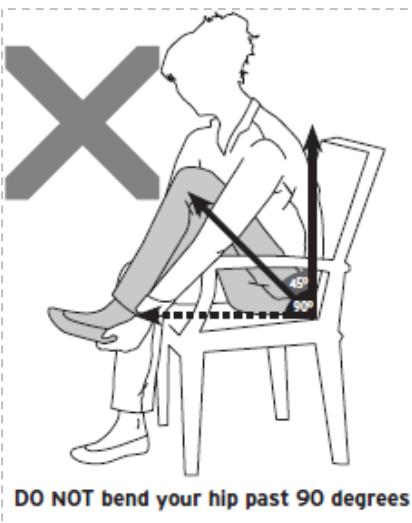
Your surgeons has allowed you to put this much weight on your new joint leg.

- As tolerated Toe Touch Non-weight bearing
 Partial Weight Bearing _____% _____lbs

HIP PRECAUTIONS

After Total Hip Replacement (THR) you will need to follow hip precautions for 0 weeks 6 weeks 12 weeks
 These precautions help you heal and reduce risk of hip dislocation.

- Do not bend your hip past 90 degrees.
- Do no rotate leg in or out. Keep toes pointing forward.
- Do not cross leg past midline.





Healthy eating before and after surgery will help you to recover as quickly as possible, and may reduce post-operative complications.

Get Healthy Before Surgery:

- Eat regular meals and follow the plate model as shown above.
- Adults over age of 18 require a vitamin D supplement of 1000 IU per day for good bone health and to prevent fractures. Consider taking a calcium supplement if you are not meeting daily recommended serving sizes for milk and alternatives, but it is best to try to get your calcium from food first.
- You may want to take a multivitamin with minerals daily if you are not eating well, but real foods will provide other nutrients not found in supplements.
- Sudden weight loss is not appropriate right before surgery. See the next page for weight loss resources once you have recovered from your surgery

After Surgery:

Specific nutrients will help with wound healing, and keep the immune system functioning well.

Protein

- Choose foods from the Meat and Alternates food group 3 times per day.
- Examples: beef, pork, lamb, chicken, eggs, fish, beans and peanut butter.

After your surgery, in hospital, you will be on a regular diet as tolerated. Please alert the nurse to any food allergies or intolerances, or any special diets you are on. Example: vegetarian.

Problems you may encounter

Anaesthetics, iron supplements, decreased activity, and decreased intake of food may slow down your bowels for a few days after surgery. You may not have regular bowel movements during this time.

- Add fibre to your diet by increasing fruit, vegetable, and whole grain intake.
- Be sure to drink extra fluids when you increase the fibre in your diet (adequate hydration is also an important part of your recovery after surgery).

If you experience problems with persistent weight loss, nausea/vomiting, poor appetite, or poor wound healing, contact your physician.

Meal Planning/Meal Assistance

If you have difficulty with obtaining groceries and/or cooking meals after your surgery, please refer to the resources below:

Meal Delivery Services: Meals on Wheels (hot meals), Better Meals (frozen meals) + many more
Grocery Delivery Services: available at many grocers, online ordering i.e. Save-On Foods

Weight management

Once you have recovered from surgery, and you feel that you would like further information on healthy eating or assistance with your weight, there are services available at Langley Memorial Hospital. Please ask your doctor to refer you to the Nutrition and Lifestyles Class, or to see the Outpatient Dietitian. You may also contact the Inpatient Dietitian at 604-514-6000 ext 745319 if you need assistance.

Dietitian Services at HealthLink BC is a free nutrition advice service that can be accessed via telephone at 811 or online at www.healthlinkbc.ca/healthyeating.