Total Hip Replacement

Supporting your recovery after elective Hip or Knee Replacement Surgery

As soon as you are home from hospital,

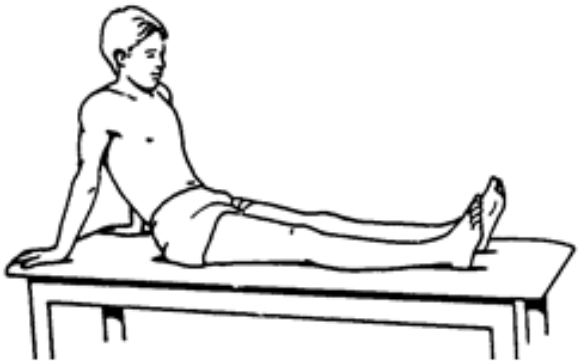
call the Fraser Health Regional Booking Clerk at

(604) 587- 4621.

Please call between 9am and 4pm, Monday to Friday and have your Care Card ready.

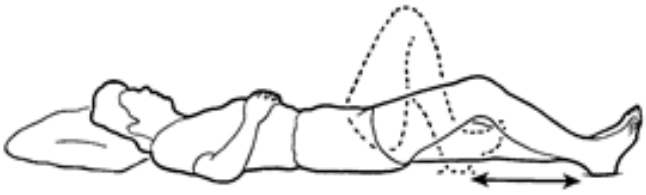
HIP EXERCISE

Quadriceps Strengthening



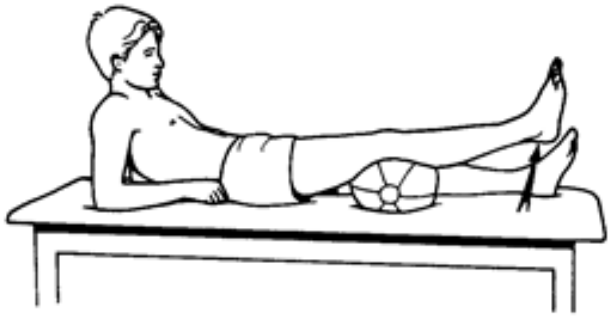
Lying on your back, tighten the muscle on the top of your thigh by pushing your knee down into the bed.
Hold for 5 seconds.
Repeat 5-10 times.

Knee and Hip Flexion



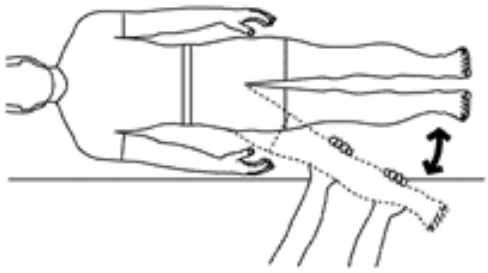
Lying on your back, slide one foot towards your buttock, bending your hip and knee.
Slowly return to starting position.
Hold 5 seconds.

Quadriceps strengthening



Lying on your back, with your knee over a roll, Straighten your knee by tightening the muscle on top of the thigh. Be sure to keep the back of your knee on the roll.
Hold for 5 seconds.
Repeat 5-10 times.

Abductor Exercises

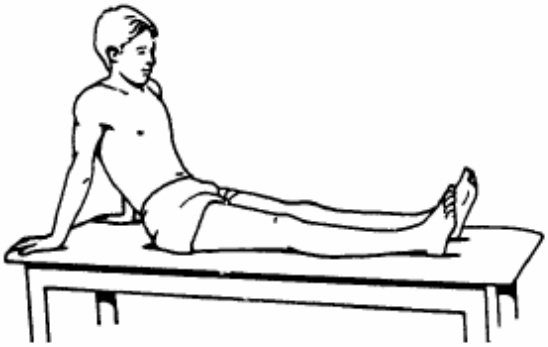


Lying on your back, gently have someone bring your leg out to the side. Keep your knee straight. You can bring your leg back to the middle actively
Repeat 5-10 times.

Do all Exercises 3 times per Day 10 repetitions and hold 5 seconds

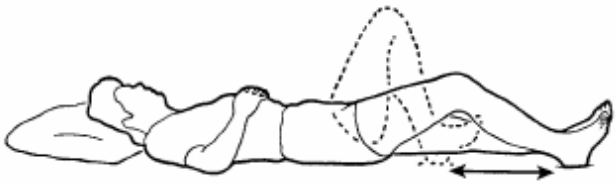
ਚੂਲੇ ਦੀ ਕਸਰਤ (HIP EXERCISE)

ਕੁਆਡਰੀਸੈਪਸ ਮਜ਼ਬੂਤ ਕਰਨੇ



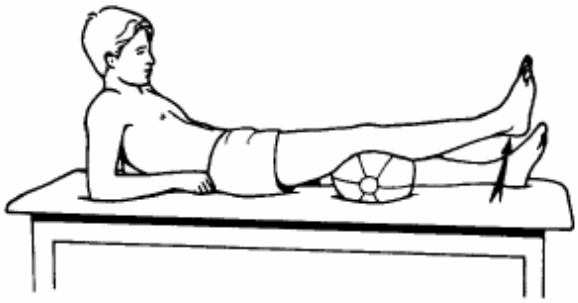
ਪਿੱਠ ਭਾਰ ਲੇਟ ਕੇ, ਆਪਣੇ ਗੋਡਿਆਂ ਨੂੰ ਹੇਠਾਂ ਮੰਜੇ ਵਲ ਧੱਕਦੇ ਹੋਏ, ਪੱਟਾਂ ਦੇ ਉੱਪਰ ਵਾਲੇ ਪੱਠਿਆਂ ਨੂੰ ਕੱਸੋ।
5 ਸਕਿੰਟਾਂ ਲਈ ਰੁਕੋ।
5-10 ਵਾਰ ਦੁਹਰਾਓ।

ਗੋਡੇ ਅਤੇ ਚੂਲੇ ਦਾ ਲਿਫਣਾ



ਪਿੱਠ ਭਾਰ ਲੇਟ ਕੇ, ਇਕ ਪੈਰ ਨੂੰ ਚੂਲੇ ਵਲ ਸਰਕਾਓ, ਆਪਣੇ ਚੂਲੇ ਅਤੇ ਗੋਡੇ ਨੂੰ ਮੋੜਦੇ ਹੋਏ। ਹੌਲੀ-ਹੌਲੀ ਸ਼ੁਰੂ ਵਾਲੀ ਸਥਿਤੀ ਵਿਚ ਮੁੜ ਆ ਜਾਓ। 5 ਸਕਿੰਟਾਂ ਲਈ ਰੁਕੋ।

ਕੁਆਡਰੀਸੈਪਸ ਨੂੰ ਮਜ਼ਬੂਤ ਕਰਨਾ



ਪਿੱਠ ਭਾਰ ਲੇਟ ਕੇ, ਰੇੜ੍ਹੂ ਉੱਪਰ ਆਪਣਾ ਗੋਡਾ ਰੱਖਦਿਆਂ, ਪੱਟਾਂ ਦੇ ਪੱਠਿਆਂ ਨੂੰ ਕਸਦਿਆਂ ਗੋਡੇ ਨੂੰ ਸਿੱਧਾ ਕਰੋ।
ਯਕੀਨੀ ਬਣਾਓ ਕਿ ਗੋਡੇ ਦਾ ਪਿਛਲਾ ਪਾਸਾ ਰੇੜ੍ਹੂ ਉੱਪਰ ਰਹੇ।
5 ਸਕਿੰਟਾਂ ਲਈ ਰੁਕੋ।
5-10 ਵਾਰ ਦੁਹਰਾਓ।

ਅਬਡੱਕਟਰ ਦੀ ਕਸਰਤ

ਪਿੱਠ ਭਾਰ ਲੇਟ ਕੇ, ਕੋਈ ਦੂਸਰਾ ਵਿਅਕਤੀ ਤੁਹਾਡੀ ਲੱਤ ਨੂੰ ਹੌਲੀ ਜਿਹੇ ਬਾਹਰ ਨੂੰ ਲੈ ਕੇ ਜਾਵੇ। ਆਪਣਾ ਗੋਡਾ ਸਿਧਾ ਰੱਖੋ। ਤੁਸੀਂ ਆਪਣੀ ਲੱਤ ਨੂੰ ਫੁਰਤੀ ਨਾਲ ਮੁੜ ਵਿਚਕਾਰ ਲਿਆ ਸਕਦੇ ਹੋ।
5-10 ਵਾਰ ਦੁਹਰਾਓ।

ਸਾਰੀਆਂ ਕਸਰਤਾਂ ਹਰ ਰੋਜ਼ ਦਿਨ ਵਿਚ ਤਿੰਨ ਵਾਰ ਕਰੋ, ਦਸ ਵਾਰ ਦੁਹਰਾਓ ਅਤੇ 5 ਸਕਿੰਟਾਂ ਲਈ ਰੁਕੋ।

(Punjabi, June 2012)

Rehabilitation and Total Hip Replacement

Occupational Therapy and Physiotherapy

What to do before Surgery

- Pick up the recommended bath and mobility equipment
- You must have your equipment at least 3 days before surgery
- Consider need for Foam cushion to raise seat heights (~3.5" high)
  - Available for purchase at Medical Equipment Suppliers or "The Foam Shop" (www.foamshop.com)
- Clean your home to reduce your risk of falls, remove any rugs from your floors
- Prepare meals and arrange items so they are easy to reach
- Consider purchasing tools to help with getting dressed and washing.
  - Elastic Shoelaces, Reacher, Sock aid, Long handled shoe horn and Long Handled Sponge.
  - These are available for purchase at PAH. Ask your occupational or physiotherapist if interested.

What to bring to the hospital

- Comfortable clothing
- Good pair of shoes and socks
- Tooth brush and Tooth paste

What to do after Surgery

- Do your exercises 3 times per day at home
- Get up and move often with recommended walking equipment
- Set up Outpatient/Community Physiotherapy
- Set up rides for all your physiotherapy appointments
- Talk to your surgeon before you return to driving

What to do after Surgery Continued…

Post-Surgery Physiotherapy:

- **Public (No fee)**
  - Call Fraser Health Rehabilitation for an Outpatient Physiotherapy appointment **604-587-4621**
- **Private Pay**
  - To find a physiotherapist in your area go to www.bcphysio.org and use the "find a physio section" or call 1-888-330-3999 to ask about finding a physiotherapist in your area

Equipment Needed After Your Joint Surgery

- During the Pre-Admission telephone call the Occupational Therapist and Physiotherapist will assess your equipment needs.
- **This equipment** will assist with your recovery. It is your responsibility to arrange for equipment prior to your surgery.
- Take the recommendation sheet with you to pick up the equipment.

Where to get your equipment

Rent/Purchase from a Medical Equipment Supplier

-Costs may be covered by extended health plans, Veterans Affairs or Provincial-Persons with Disabilities (PWD). Contact them directly.

Short Term Loan Program (MEPP)

-If you cannot afford to rent/purchase you may be eligible for MEPP (Medical Equipment Provision Program)
-This is a new program as of June 24, 2019
-The MEPP program allows low-income patients to access necessary equipment. The equipment will be loaned through the Red Cross Equipment loan locations.
-Requires signed equipment referral form from Physiotherapist and/or Occupational Therapist.
-The MEPP program is different from the Red Cross program as the cost of the equipment is now covered by Fraser Health Authority