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TOTAL HIP ARTHROPLASTY

POST-SURGICAL PRECAUTIONS

FOR UP TO 6-8 WEEKS POST-OP

DO NOT:

- Sit in low, soft furniture because your hip will flex too much.
- 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.
- Go on prolonged car rides – do stop frequently and stretch.

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 Orthopaedic Specialists of North Carolina.**

PERMANENT PRECAUTIONS:

- Avoid deep 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

SPORTS NOT CONTRAINDICATED	POSTOPERATIVE INITIATION	RETURN TO PREVIOUS LEVEL OF ACTIVITY
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

ADAPTED FROM:

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