

Rehabilitation Guidelines for Dr. Gavin Wood's Posterior Approach Total Hip Replacement

***NOTE:** These guidelines and restrictions ONLY apply if you have had a posterior approach to your hip replacement which is Dr. Wood's standard approach.*

General Guidelines: With the posterior approach it is imperative that you do NOT bend your hip past a right angle (90 degrees) for the first 6 weeks during any activity (including moving, dressing, rising from chair, putting on shoes/socks etc.) It is also important that you do NOT cross your leg or significantly rotate it.

With a posterior approach – IT IS OK to exercise the muscles that move your leg sideways (the abductors) within the first few days of surgery as comfort allows.

These are guidelines only, depending on your overall health and fitness recovery will vary.

Phase One Exercises (0 to 3 weeks)

If you are sitting or lying for extended periods of time each day these exercises should be continued until you are up and active more regularly. Walking aides will be required during this phase.

Lying Down

Deep breathing, ankle pumps, Quad sets, Glut sets, range of motion lying, quads over roll, sideways leg slides, bridging.

Standing

Hip flexion, knee flexion, hip abduction, hip extension, ¼ squats, heel and toe raises, step ups, step downs, stairs, walking (relatively short distances with walking aid). Aim for several walks per day of up to 10 minutes – then slowly gradually.

Phase Two Exercises (3 to 6 weeks)

As your recovery progresses, lying exercises become less important and your focus should shift to becoming more active in and around your home, and out in the community.

Walking – Wean off walking aid as you feel comfortable to do so. Aim for several walks of apr. 20 mins and increase gradually. Stairs – gradually increase steps / flights climbed

Gym exercises – if you wish to attend, focus on straight line, low impact exercises, treadmill at low speed with no incline, consult physio for safe exercise choices at gym.

Phase Three Exercises (6 to 12 weeks)

At this point, in order to optimize your recovery it is important that you safely challenge yourself by gradually increasing your exercise exposure. Your overall health and fitness must be considered when setting realistic goals – work with your physician and physio to set safe appropriate goals. At this point it is safe to start gradually moving your hip past 90 degrees but continue to be cautious with hip flexion and avoid deep bending, squats and internal rotation.

Safe exercise choices may include:

Cycling

Elliptical trainer

Swimming

Golf

Hiking / pole walking – gradually increase distance and terrain challenges

Doubles tennis or similar activity

Avoid weight training - focus on cardio and functional activities instead

Please feel free to take this guideline to your Physiotherapist