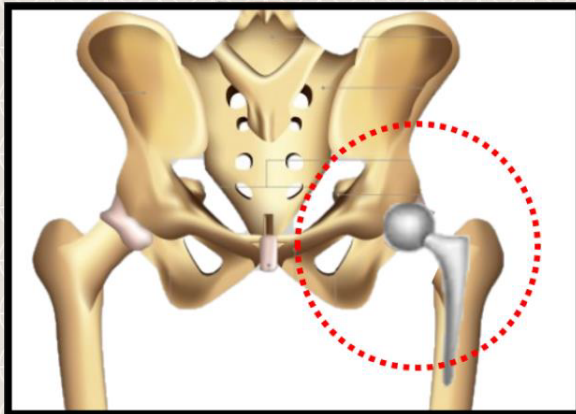


Department of
Occupational Therapy

Post-Operation Hip Precautions Lateral Approach



INTRODUCTION

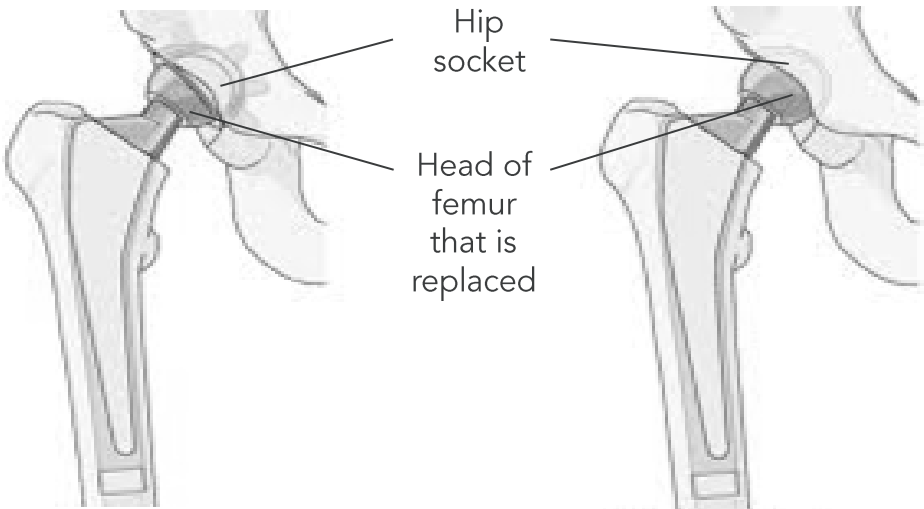
HIP REPLACEMENT SURGERIES

The type of hip replacement you need is determined by the extent of your hip injury or degeneration. The two types of hip replacements are:

i) Total Hip Replacement (THR) / Total Hip Arthroplasty (THA)

ii) Hip Hemiarthroplasty (Hip HA)

The THA / THR is a surgical procedure to replace damaged areas of the hip joint with metal and plastic components. Both the top of the thigh bone (femoral head) and the hip socket are removed and replaced. Hip HA (also known as half-replacement) procedure only replaces the femoral head.



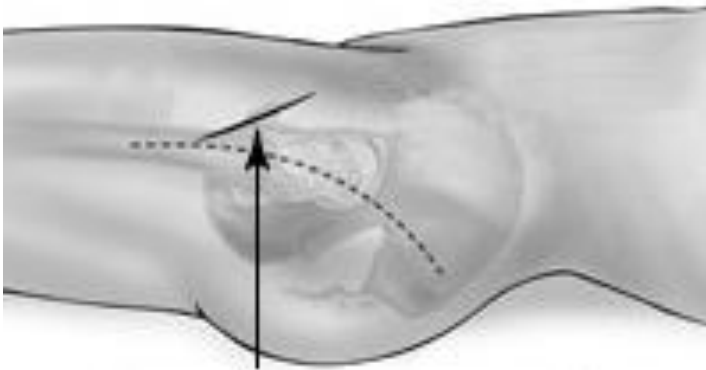
Total Hip Arthroplasty

Hip Hemiarthroplasty

LATERAL APPROACH

In hip replacement surgeries, surgeons may choose to approach the hip joint from the front (lateral) or the back (posterolateral) of the hip.

The lateral approach is a tissue sparing procedure. This technique allows the surgeon to reach the joint by separating the muscles without detaching them from the hip or thigh bone.



Operation site

Right after your surgery, some movements will be too stressful for your new hip joint and may cause loosening and dislocation of the affected hip.

Please observe these precautions for 6-8 weeks or more, as advised by your surgeon.

THREE LATERAL HIP PRECAUTIONS TO ADHERE TO:

1. Avoid crossing your operated leg.
2. Avoid twisting your operated leg outwards.
3. Avoid extending your operated hip backwards.

HIP PRECAUTIONS – ON THE BED

*black band indicates operated leg



Avoid crossing your legs.



Avoid twisting your leg outwards.



Avoid rotating your knee outwards.



Avoid rotating your knee outwards and upwards.

HIP PRECAUTIONS – ON THE BED

*black band indicates operated leg



Keep your legs apart with your operated leg (knee/toes) pointing upwards.

HIP PRECAUTIONS – ON THE BED

*black band indicates operated leg



Avoid pressing down your operated leg as shown when shifting your body on the bed.



Ensure both hips are even when lifting up buttocks in bed.



Do not cross your operated leg when lying on your non-operated side.



Use a pillow or bolster to keep your legs apart when lying on your non-operated side.

HIP PRECAUTIONS – SITTING

*black band indicates operated leg



Avoid sitting on low chair.



Avoid squatting.



Sit on a chair with back rest and arm rest whenever possible. Keep your legs apart with operated leg (knee/toes) pointing upwards.

HIP PRECAUTIONS – SITTING

*black band indicates operated leg



Avoid crossing your legs.



Avoid crossing your legs.



Avoid crossing your legs.



Avoid twisting your leg outwards.

HIP PRECAUTIONS – SITTING

*black band indicates operated leg



Sit with your legs apart and toes pointing front.

HIP PRECAUTIONS – STEPS IN SIT TO STAND

*black band indicates operated leg



Bring your buttocks to the edge of the seat first before standing up.



Support yourself using your hands when standing.

HIP PRECAUTIONS – STANDING

*black band indicates operated leg



Avoid extending your operated leg behind to pick up items from the floor.



Use long handled reacher to reach items on the floor easily.



Face the front when doing standing task at the sink.

HIP PRECAUTIONS – TOILETING

*black band indicates operated leg



Avoid twisting your body when flushing.



Reposition your body such that you are facing the flush directly instead of sideways.

UPON DISCHARGE

Upon discharge, you should be able to achieve the following on your own or with the help of your loved ones:

- a) Move from bed to chair, and vice versa.
- b) Perform the exercises demonstrated by your Physiotherapist.
- c) Take the necessary precautions and safety measures during daily activities as advised by your Occupational Therapist.

Your Occupational Therapist or Physiotherapist may modify these goals to fit your particular condition.

AFTER DISCHARGE :

- Continue doing your daily activities and exercises taught.
- You may be referred to the outpatient Occupational Therapy or Physiotherapy clinic to continue your rehabilitation program. The goal is to be able to return to your normal activities (before operation) as soon as possible.

*Special Thanks:
Department of Physiotherapy
For their kind contribution to the content of this booklet.*



If you have any further enquires, please check with your healthcare team during your hospital stay.

Clinic B1C
(Occupational Therapy Clinic)
TTSH Medical Centre, Level B1

Contact:
6357 7000 (Central Hotline),
6889 4848 (Occupational Therapy Clinic Hotline)



Scan the QR Code with your smart phone to access the
Post - Operation Hip Precautions – Lateral Approach
video on our TTSH YouTube Channel

To access more information on other health conditions
and treatments online, please visit
<http://bit.ly/TTSHHealth-Library>.



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