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BOARD CERTIFIED ORTHOPAEDIC SURGEON

RECOVERY GUIDE FOR: **TOTAL HIP ARTHROPLASTY** with posterior hip precautions



OUR GOAL:

Relieve pain, restore hip function, improve mobility, and help you return to the activities you love.

KEY POINTS



Activity:

Weight bearing as tolerated. You may put weight through extremity but will need walker/crutch while you build strength.



Motion:

You may move as tolerated for normal activities. No extremes of motion until cleared by surgeon.



Wound Care and Bathing:

You should keep bandage on for at least 1 week unless it becomes wet. Reinforce dressing so it does not get wet and shower after postop day 3. Call clinic if it becomes wet.



Hip Precautions:

No hip flexion >90°
No crossing legs
No flexion, internal rotate
Sleep with pillow between legs
Ends ~6 week postop

YOUR RECOVERY TIMELINE



PHASE I 0 – 2 WEEKS

Focus: pain and swelling control, walking daily

Goals:

- ✓ Walk the same day of surgery with walker
- ✓ Work with therapist
Ice, Pain control

Activities:

- Hip Precautions!
- Gait training
- Balance



PHASE II 2 – 6 WEEKS

Focus: normal walking gait

Goals:

- ✓ Keep walking daily
Discontinue narcotic
- ✓ Wean walker
Use crutch if needed

Activities:

- Hip Precautions!
- Step training
- Mini squats



PHASE III 6 – 12 WEEKS

Focus: Improve balance, build strength

Goals:

- ✓ Wean crutch. Walk in home without crutch
- ✓ Hip flexion to 90°
Socks/Shoes

Activities:

- Body squats, SLR
- Stationary bicycle
- Scar massage



PHASE IV 3 – 6 MONTHS

Focus: return to all activities, independence

Goals:

- ✓ Walk long distances
- ✓ Improve stamina
Improve strength

Activities:

- Work / Hobby specific strengthening
- Low impact activities

⌚ Time frames are guidelines. Everyone heals at a different rate. Your progress will determine how quickly you move to the next phase.

WHAT TO EXPECT



Postop Day 1-5

Surgical pain significantly improves



Postop Day 3-14

Meet with therapist to establish PT/OT treatment plan



Postop Week 2-3

Follow up appointment and wound check



Postop Week 6-8

Follow up appointment and x-ray if necessary.



Postop Week 12-16

Follow up appointment, function check and schedule additional appointments if necessary

HELP YOUR RECOVERY



ICE AND ELEVATE

15-20 minutes, several time per day



STAY HYDRATED & EAT WELL

Good nutrition supports healing. Minimize sugar, optimize protein



GET QUALITY SLEEP

You body heals while you rest



DO YOUR HOME EXERCISES

They are key to your success



LISTEN TO YOUR BODY

It's normal to have ups and downs. Pain and swelling should guide your activity level.

CALL YOUR DOCTOR IF YOU HAVE:



Fever over 101F



Redness, drainage, or warmth at incision site



Shortness of breath, chest pain, calf pain



Increased pain not relieved by pain medicine



Numbness, tingling or loss of movement in your extremity

Your Notes:

Your Partners in Recovery:

Your surgeon and physical/occupational therapy team are here to support you every step of the way. Don't hesitate to reach out with questions or concerns.