

TOTAL HIP REPLACEMENT PROTOCOL

Dr. Eldon Hopkins, M.D

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Incision Closure	Sutures/Staples with Mepilex Border dressing (on for 5 days post-op) Patient can shower with dressing on POD#2 (waterproof) Staples removed at Post-op Day #12. - Use Benzoin compound tincture and apply steri-strips
Weight Bearing Status	Weight Bearing as Tolerated (WBAT) with assistive device until 1 st post-op appointment.
Physical Therapy Exercises	Refer to page 18 -19 in Patient Information Manual Joint Replacement Surgery. (NOTE: Patient has this manual from the hospital) Gait training with Rolling Walker Exercises: Isometric Exercises ONLY: Glut Set, Quad Set, Ankle Pump, NO Abduction exercises. Review Posterior Hip Precautions <ol style="list-style-type: none">1. Do not twist your upper or lower body.2. Do not lean forward past 90° or raise your leg above 90°.3. Do not lean to the side4. Do not cross your legs
Physical Therapy Frequency	3-5 times per week until patient has 1 st Post-op appointment for evaluation. (patient to make appointment at discharge from hospital)
DVT Prophylaxis	Lovenox X 10 days

Total Hip Replacement

Posterior Approach

Precautions

1. Do not twist your upper or lower body.
2. Do not lean forward past 90° or raise your leg above 90°.
3. Do not lean to the side.
4. Do not cross your legs.



Do not bend your operated hip beyond a 90° angle.

Do not cross your operated leg or ankle.

Do not turn your operated leg inward in a pigeon-toed position.

Do

- Do your exercises three to four times a day.
- Do sit for 20 to 30 minutes at a time, four to five times a day.
- Do rest in bed for one to two hours, three to four times a day to reduce swelling in your feet and ankles.
- Do lie flat on your back in bed with the wedge pillow or turn on your non-operated side with pillows between your legs.
- Do use ice three to four times a day to also decrease swelling.

Do Not

- Do not sit in a chair lower than 18 inches. This height depends on the height of the individual. When you sit, your feet should be flat on the floor and your knee should fall below your hip. Avoid overstuffed chairs and sofas.
- Do not walk outside or ride in a car until you have been cleared by your doctor.
- Do not walk without your assistive device in order to reduce injury to your hip and to prevent falls.
- Do not increase your exercises (including adding weights) until the physical therapist clears you.

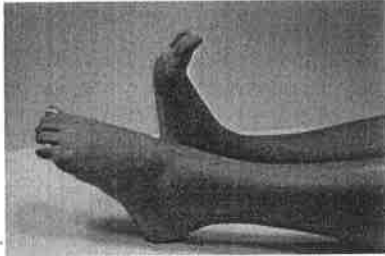
Stairs

- Your “good” leg (**non-operated**) goes up first, and then bring your **operated** leg onto the same step.
- Your “bad” leg (**operated one**) goes down first, and then advance your **non-operated** leg onto the same step.

Your first appointment will be approximately two to four weeks after your discharge from the hospital. At that time, your surgeon will lift these precautions.

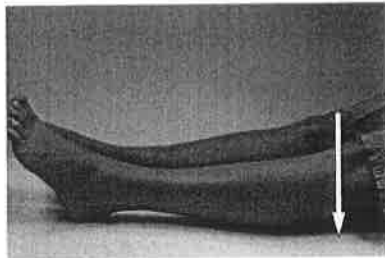
Hip Exercises

Hip Replacement



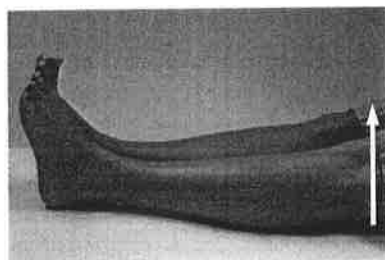
Ankle Pump

1. Lie on a flat surface.
2. Bend your ankle toward your body as far as possible.
3. Point toes away from your body.
4. Do 15 to 20 repetitions two to three times per day.



Quad Set

1. Sit or lie on your back with your leg straight.
2. Press the back of your knee down.
3. This will tighten the muscle on the top of your thigh.
4. Hold for three to five seconds.
5. Do 10 to 15 repetitions two times per day.



Buttock Squeeze

1. Lie flat on your back.
2. Tighten your buttocks.
3. Hold for three to five seconds, then relax.
4. Do 10 to 15 repetitions two times per day.



Heel Slide

1. Lie flat on your back.
2. Slide heel toward your buttock, bending your knee as far as possible.
3. Hold for three seconds and slowly lower your leg.
4. Do 10 to 15 repetitions two times per day.



Short Arc Quads

1. Lie on your back with a 6-inch roll under your knee.
2. Raise your heel off the floor until your knee is straight.
3. Hold for three to five seconds and slowly lower your leg.
4. Do 10 to 15 repetitions two times per day.

TOTAL KNEE REPLACEMENT PROTOCOL

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Incision Closure	Staples with ABD dressing and Spandage/Surgifix Staples removed at Post-op Day #12 . Use Benzoin compound tincture and apply steri-strips
Weight Bearing Status	Weight Bearing as Tolerated (WBAT) with assistive device until 1 st post-op appointment.
Physical Therapy Exercises	Refer to page 20 -22 in Patient Information Manual Joint Replacement Surgery. (NOTE: Patient has this manual from the hospital)
Physical Therapy Frequency	3-5 times per week until patient has 1 st Post-op appointment for evaluation. (patient to make appointment at discharge from hospital)
DVT Prophylaxis	Lovenox X 10 days

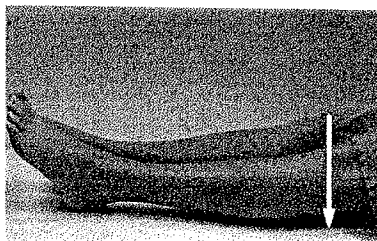
Knee Exercises

Knee Replacement



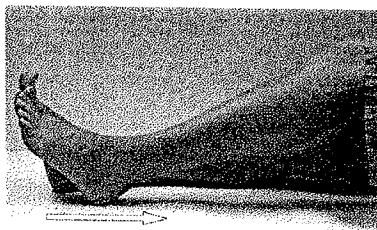
Ankle Pump

1. Lie on a flat surface.
2. Bend your ankle toward your body as far as possible.
3. Point your toes away from your body.
4. Do 15 to 20 repetitions two to three times per day.



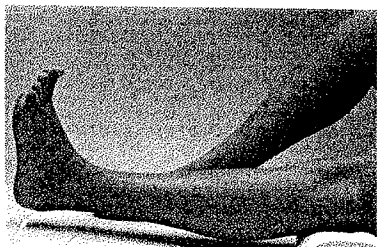
Quad Set

1. Sit or lie on your back with your leg straight.
2. Press the back of your knee down.
3. This movement will tighten the muscle on the top of your thigh.
4. Hold for three to five seconds.
5. Do 15 to 20 repetitions two times per day.



Heel Slide

1. Lie flat on your back.
2. Slide heel toward your buttock, bending your knee as far as possible.
3. Hold for three seconds and slowly lower your leg.
4. Do 15 to 20 repetitions two times per day.



Short Arc Quads

1. Lie on your back with a 6-inch roll under your knee.
2. Raise your heel off the floor until your knee is straight.
3. Hold for three to five seconds and slowly lower your leg.
4. Do 15 to 20 repetitions two times per day.

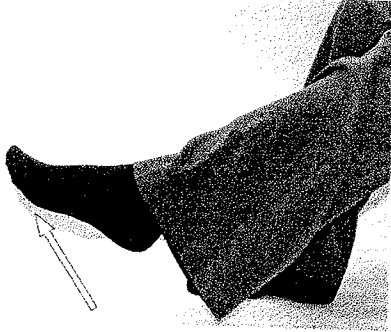


Straight Leg Raises

1. Lie on your back with one leg straight and one leg bent.
2. Keep your leg completely straight, and then raise it 12 inches off the bed.
3. Hold for three to five seconds and slowly lower your leg.
4. Do 15 to 20 repetitions two times per day.

Knee Exercises

Long Arc Quad



1. Sit in a chair or bed with your thigh supported.
2. Straighten your knee fully.
3. Hold for three to five seconds and slowly lower your leg.
4. Do 15 to 20 repetitions two times per day.

Hip Flexion (Seated March)



1. Sit in a chair with your knees bent.
2. Bend your hip to lift your foot off the floor.
3. Hold for three to five seconds and relax.
4. Do 15 to 20 repetitions two times per day.

Seated Heel Slides



1. Sit in a chair with your foot flat on the floor.
2. Bend your knee, sliding your foot back toward the chair as far as possible.
3. Hold for three to five seconds and relax.
4. Do 15 to 20 repetitions two times per day.