

# POST-OPERATIVE GUIDELINES & ADVICE FOLLOWING A HIP ARTHROSCOPY

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## **General Advice:**

### 1. *Rest Positions*

- When resting on your back, place a pillow underneath your knees for comfort.
- When lying on your side, place a pillow between your knees (lying on either side is permitted).
- You may sit in an upright chair – avoid sitting for prolonged periods ( $\geq 45$  minutes) as this results in hip discomfort.

### 2. *Ice Pack Applications*

- Apply for 10 minutes 2 – 3 times per day (as needed) or until the swelling has subsided.
- Applying ice is regarded as a pain management tool. Please note that the ice pack must not be placed in direct contact with the skin as it may cause an ice burn (use a thin towel between the ice pack and your skin).

### 3. *Crutches*

- Two crutches must be initially used as instructed by the doctor and physiotherapist.
- Correct crutch use will assist in proper walking which reduces abnormal / painful forces experienced on the pelvis and lower back.
- It is advisable to limit walking around for the 1<sup>st</sup> 72 hours as this may result in swelling of the leg.
- The duration of crutch use is:

x2 Crutches	: _____ Weeks	Duration: _____ Weeks Post-Operative
x1 Crutch	: _____ Weeks	Duration: _____ Weeks Post-Operative

### 4. *Weight Bearing*

- Weight bearing generates many forces within the hip, optimal loading is essential. Your healing rate and surgery may be influenced if guidelines are not adhered to.
- Pain / discomfort must be kept to a minimum. Please adhere to the instruction of the doctor and physiotherapist.

(Circle the relevant status)



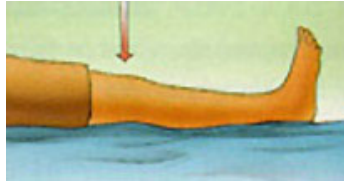




<input type="checkbox"/> Non-weight bearing	<input type="checkbox"/> Toe Touch or Flat Foot	<input type="checkbox"/> Partial weight bearing	<input type="checkbox"/> Full weight bearing
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5. *Range of Movement*
  - a) You are permitted to freely move, please adhere to the limitations as instructed by the doctor and physiotherapist.
  - b) Range of movements are specific to your surgery.
  - c) No pain should be provoked.
  - d) Your operated leg is permitted to 60 – 70% movement of the unaffected side.
  
6. *Medication*
  - a. Please use all medication as instructed by the doctor.
  - b. All prescribed medication is to aid in your healing, decrease pain or assist in preventing the onset of complications.
  
7. *Follow up Appointments*
  - a. Physiotherapy treatment should begin 7 - 10 days after the surgery.
  - b. The physiotherapist will advise you as to the frequency of required treatment.
  - c. **Mandatory Week 3 Appointment** must be scheduled at either Fourways or Rosebank:
    - Stitch removal & wound inspection (Nurse at Dr Cakic's rooms)
    - Physiotherapy appointment by member of Rehab Team
  - d. **Mandatory Week 6 Appointment** must be scheduled at either Fourways or Rosebank:
    - Follow-up appoint with Dr Cakic
    - Physiotherapy assessment by member of Rehab Team
  
8. *Surgical Dressing*
  - a. A skin-dressings are water resistant allowing you to shower.
  - b. A watery red discharge is common on the dressings. Any bright red bleeding should be monitored and reported to Dr Cakic's nurse.
  
9. *What You May Experience Following the Surgery?*
  - a. It is normal to feel tension in the thigh or groin discomfort following the surgery.
  - b. You may experience transitory numbness in the thigh, perineal (saddle area) or foot area.

## Home Exercises: (Performed 2 – 3 X per day)

It is normal to experience little to no pain during the first 3 weeks. Despite this, please perform all activities carefully and slowly and respect your limitations.

### Always Respect Your Limits of Pain

 <p><b><u>Foot Pump</u></b></p> <p>Move your feet up and down at the ankles</p> <p>Repeat 20 X</p>	 <p><b><u>Buttock Contractions</u></b></p> <p>When lying, squeeze your buttock together and hold for 5 seconds</p> <p>Repeats 20 X</p>
 <p><b><u>Thigh Tightening</u></b></p> <p>Tighten the thigh muscles by making the knee straight. Hold the contraction for 5 seconds</p> <p>Repeat 20 X</p>	 <p><b><u>Heel Slides</u></b></p> <p>Slide your heel towards your buttock so that your knee and hip bend. You may assist the movement by supporting the back of the thigh. No groin pain must be induced or felt.</p> <p>Repeat 10 X</p>
 <p><b><u>Hip Rotations</u></b></p> <p>Gently roll your hip and leg inwards and outwards</p> <p>Repeat 20 X</p>	 <p><b><u>Bridging</u></b></p> <p>Whilst lying on your back, bend your knees to 90°. Support your head and shoulder. Lift the front of your feet up and slowly push through the heels, lifting your buttock into the air - up and down. You may use your arms for support</p> <p>Repeat 10 X</p>
 <p><b><u>Standing Heel Raises</u></b></p> <p>Hold onto a chair. Lift your heels up off the floor and slowly lower them.</p> <p>Repeat 20X</p>	

## Walking with Crutches

Stand comfortably and upright with equal weight on your legs and the crutches in position. Walking should be performed safely and as naturally as possible (i.e. walking pattern). The crutches aid the operated leg (**NB!** Respect your weight bearing limitations as indicated).

- Move the crutches forward a short distance (i.e. a normal stride length).
- Step forward with the operate leg in line with the crutches – Remember to use the crutches to offload the operated leg.
- The non-operated leg is then free to step through. Repeat the process.



### Stair Climbing

#### *Walking upstairs:*

Place crutches before the step.

Using the **non-operated** leg to step up whilst taking the majority of you body weight on the crutches.

Bring the operated leg up onto the step, followed by the crutches.

Repeat.

#### *Walking downstairs:*

Place crutches on the step below.

Using the **operated** leg, step down whilst taking the majority of you body weight on the crutches.

When stable, bring the non-operated leg down on to the same step.

Repeat.

*“GOOD LEG GOES TO HEAVEN BAD LEG GOES TO HELL”*

*If you have any questions, please contact a member of the rehabilitation team*

😊 *We wish you a speedy and safe recovery* 😊

**Physiotherapy treatment is not included in the hospital fee  
A separate account will be rendered**