



REHABILITATION GUIDELINES FOR TOTAL HIP REPLACEMENT(DIRECT LATERAL APPROACH)

DO NOT:

- 1)Cross your legs when lying or sitting.
- 2)Pivot on you operated leg when turning(in standing), take small steps instead.
- 3)Sleep on your operated side for 6-8 weeks to avoid irritation to your hip.
- 4)Rotate your operated leg outward.
- 5)Place the foot of your operated side on your opposite knee.
- 6)Actively move your operated leg out away from your body for 6 weeks until your hip muscles are healed.
- 7)Avoid sitting more than 30 minutes

DO:

- 1)Keep a pillow between your knees when lying on your non-operated side or on your back.
- 2)Use a walker or cane during the time when you need to limit weight on your operated leg.
- 3)Allow yourself to bend forward at your waist, as long as your legs are apart. (This may be different from people you know who have had a different type of hip replacement surgery).
- 4)Perform your home exercise program as instructed.

5)Physical therapy exercises for direct lateral approach total hip replacement:

LYING ON YOUR BACK:

**ANKLE EXERCISES
THIGH SQUEEZE**

HEEL SLIDES
KNEE EXTENSION
STRAIGHT LEG RAISE
SINGLE KNEE TO CHEST STRETCH
CURL UPS
LATERAL HEEL SLIDES

LYING ON YOUR STOMACH:

KNEE BENDS
LEG LIFTS

STANDING:

HIP ABDUCTION EXERCISES

6)Walk each day 4-6 times. Use a crutch or walker to stabilize yourself as necessary

7)Stationary Bicycling with the seat elevated

8)Occupational therapy for ADLs.