



Thank you for letting us take care of your hip.

STAGE I: 6 WEEKS



The first phase involves an effort from the patient to reconnect with your new hip.

Physical therapy is important and the rehabilitation aspect for the first 6 weeks is the most important to regain your mobility.

During this time, motivation is key.

It is important to attend physical therapy and do your exercises at home that the physical therapist teaches you.

Use a walker for as long as you needed it, until you feel safe and steady in your feet. Then transition to a cane. Follow the physical therapist instructions.

Tips

- **Ice bag:** Use a freezer Ziplock bag with 1/3 rubbing alcohol and 2/3 water, then reinforced with a second freezer bag. Place her in the freezer overnight. Is a very useful and reusable icepack that molds around the hip.
 - Ice as needed, for 20 minutes several times a day at least 3 hours in between each ice treatment.
- **Massage:** Massage the tissue around the hip, this will soften up and desensitize the nerves.
- **Ted hose:** Wear them for the first 2 weeks it is important to decrease swelling. It is most important to wear them during the day, optional at night.

Pain medication

i *Use the pain medication as needed.*

Most of the time over-the-counter medication is enough to control the pain. Remember that using narcotic medication has multiple side effects, like constipation, nausea, drowsiness and bloating.

The sooner you wean yourself off the narcotic medications the better for you. But not at the expense of being miserable with pain.

- At night for the first 4-6 weeks, sleeping may be difficult, but laying down on the operative side is ok. You may need to use a pillow in between the legs.
- It will get better, it just takes time.
- Do not take daytime naps.
- Use Benadryl at night 25-50 mg at bedtime and or a pain pill.
- I encourage for you to resume activities outside the house as you feel comfortable.
- Listen to your body and hip, if it hurts too much one day, you did too much the day before.

STAGE II :STRENGTHENING AND ENDURANCE



This stage is different for each patient. But you will know when you have reached this stage. Some of the indications may be that you are sleeping better and are off pain medication for the most part.

You may need an occasional pain medication and that is okay. Swelling is improving but still present at some degree.

At 2.5 months from surgery we will obtain an x-ray of the prosthesis. If there is good healing of the implant and your mobility has been regained at this time, you may start your physical activity as tolerated without any restrictions.

Exercising the hip involves you doing exercises that you enjoy. For example cycling, treadmill, walking, hiking, swimming, weights and other activities. Your new hip may not be ready to do all of your activities but realistically the hip will let you know a few did too much..

Stage III: Final phase



To reach this phase can take up to a year. The hip continues to heal up to the first year from surgery. Remember that this is not your 30 year old hip and you have a hip replacement, but millions of patients have gone through this process before and achieved excellent results if they do the work.

At this stage you can return to full activities of playing golf, tennis, pickle ball, hiking and swimming. These activities are all perfectly acceptable and the main reason why you probably had your hip replaced. Exercise is encouraged.