

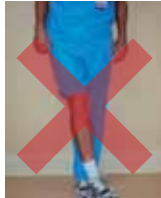


POSTERIOR APPROACH

Safety Measures

1. Do not cross your legs.

- Sit with knees apart.
- In sitting, it is okay to cross at your ankles or below your knees.



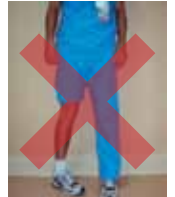
2. Avoid bending your hip past 90 degrees.

- Avoid squatting.
- When getting in/out of a chair, avoid leaning forward over your hips. Slide your operated foot forward to keep your knee below your hip.
- In sitting, avoid leaning forward while reaching for your foot or an item on the floor.
- Do not sit in low chairs. Keep your knee below your hip (slide your operated foot forward).



3. Do not turn your operated leg inward.

- While sitting, avoid rotating your foot to outside and knee to inside.
- Pick up your feet when you turn. Do not pivot on your operated leg.



Ankle Pump Exercise

Bend your foot up and down at your ankle joint as shown. Hold for 1 second.

Repeat 10 times. Do hourly while you are awake.



Short Arc Quad Exercise

Place a rolled up towel or object under the knee of your operated leg and slowly straighten your knee as you raise up your foot. Hold 5 seconds.

Repeat 10 times. Do 3 sessions per day.



Glute Set – Supine Exercise

While lying on your back, squeeze your buttocks and hold. Hold for 5 seconds

Repeat 10 times. Do 3 sessions per day.



Supine Hip Abduction Exercise

While lying on your back, slowly bring your operated leg out to the side. Keep your knee straight the entire time. Bring leg back to midline.

Hold for 1 second. Repeat 10 times. Do 3 sessions per day.



Heel Slides – Supine Exercise

Lying on your back with knees straight, slide the heel of the operated leg towards your buttock as you bend your knee.

Hold a gentle stretch in this position and then return to original position. For Posterior Lateral Approach, do not bend hip greater than 90 degrees. Hold for 1 second.

Repeat 10 times. Do 3 sessions per day.



Standing Hip Abduction & Flexion Exercise

Stand holding onto a counter top or chair for balance, raise your leg out to the side. Keep your knee straight, hip level and toes pointed forward.

Repeat 10 times. Do 3 sessions per day.

Stand holding onto a counter top or chair for balance. Lift your operated leg and bring your knee up towards your chest.

Repeat 10 times. Do 3 sessions per day.





POST-SURGICAL CARE: OCCUPATIONAL THERAPY

After your surgery, you may have an occupational therapist (OT) evaluate you. The occupational therapist will go over your upper body strength, range of motion and your ability to complete your activities of daily living (ADLs). They will teach you to complete ADLs such as dressing, bathing, toileting, grooming and hygiene, while maintaining any activity limitations you may have. The occupational therapist will also ask you questions about your home and bathroom setup. Shower training may be performed and a shower chair may be recommended if you are unsteady on your feet. The occupational therapist will develop a program for you and may suggest special equipment, such as a reacher or a sock aide, to help you progress toward independence. Bring a pair of shorts or loose pants and closed-heel shoes to practice lower body dressing.

LOWER BODY DRESSING AFTER HIP OR KNEE SURGERY

Applying socks

- Slide the sock onto the sock aide.
- Use the cords to place the sock aide on the floor in front of the foot on the operated leg.
- Place foot into the sock aide.
- Pull on cords until sock slips onto your foot and the sock aide is free. Repeat on the other side.



Applying pants / shorts / undergarments

- In a seated position, use a dressing stick or reacher to hold the item by the waist band.
- Lower the item to the floor in front of the operated leg. Slip the item over the operated leg first, then over the non-operated leg.
- Pull the item up above your knees using the reacher or dressing stick. Stand with a walker, and then pull the item up all the way.

