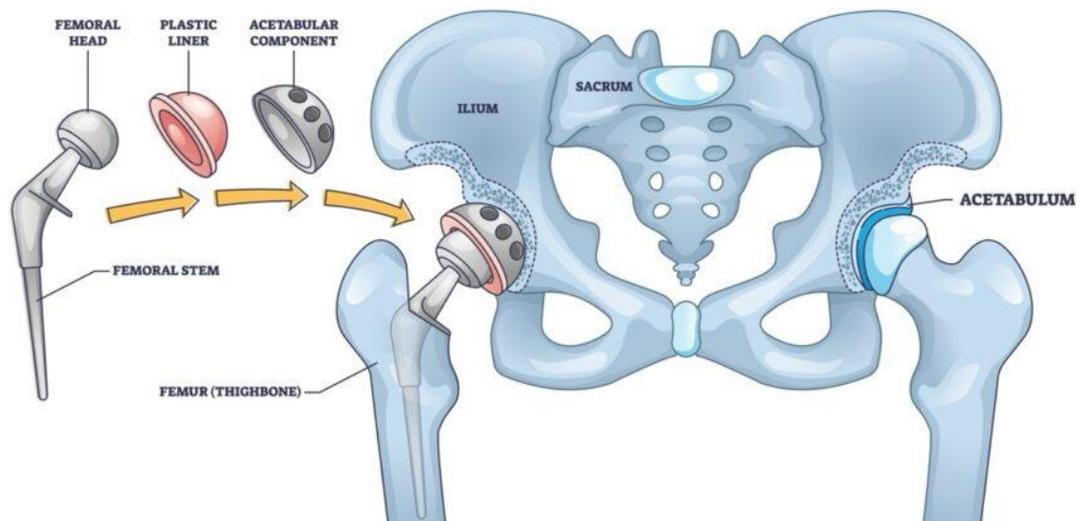


Hip Replacement (Total Hip Arthroplasty)

TOTAL HIP REPLACEMENT



What is a Hip Replacement?

A hip replacement is an operation where a damaged hip joint is replaced with artificial parts (prosthesis). The damaged ball (femoral head) and socket (acetabulum) are removed and replaced with metal, ceramic, or plastic components.

The aim is to **reduce pain, improve movement, and improve quality of life.**

Why Might I Need a Hip Replacement?

You may be offered a hip replacement if you have:

- Severe hip arthritis (osteoarthritis is the most common)

- Long-term hip pain affecting daily activities
 - Stiffness and reduced mobility
 - Pain that does not improve with physiotherapy, medication, or injections
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Before Surgery

Assessment and Preparation

- Pre-operative assessment clinic
- Blood tests, heart tracing (ECG), and X-rays
- Medication review

How You Can Prepare

- Keep active within comfort
 - Strengthen your leg and hip muscles if advised
 - Stop smoking
 - Maintain a healthy weight
 - Arrange help at home for the first few weeks
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The Operation

- Usually performed under spinal or general anaesthetic
 - Takes around **1–2 hours**
 - A cut is made around the hip to access the joint
 - The damaged joint surfaces are replaced with artificial components
-

After Surgery

In Hospital

- Most people start walking on the **same or next day**
- Pain relief will be provided
- Physiotherapy begins early
- Hospital stay is usually **1–3 days**

Going Home

- You may go home or to a rehabilitation unit
 - You will be given exercises and walking advice
 - Use walking aids as advised
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Physiotherapy and Rehabilitation

Physiotherapy is a key part of recovery and helps to:

- Improve strength and movement
- Restore walking ability
- Reduce stiffness
- Improve confidence with daily activities

You will be shown exercises to do at home and advised on progression.

Activities After Hip Replacement

Usually Safe

- Walking
- Swimming (once wound healed)
- Cycling (static initially)
- Gentle strengthening exercises

Avoid or Limit (especially early on)

- High-impact sports (running, jumping)
- Twisting on the operated leg
- Heavy lifting

Your surgeon or physiotherapist will guide you.

Hip Precautions (Early Recovery)

Depending on the surgical approach, you may be advised to:

- Avoid crossing your legs

- Avoid bending the hip beyond 90 degrees
- Avoid twisting the operated leg

These precautions are usually temporary.

Risks and Complications

All surgery has risks, including:

- Infection
- Blood clots
- Dislocation
- Leg length difference
- Wear or loosening of the joint over time

Serious complications are **uncommon**.

Recovery Timeline (Approximate)

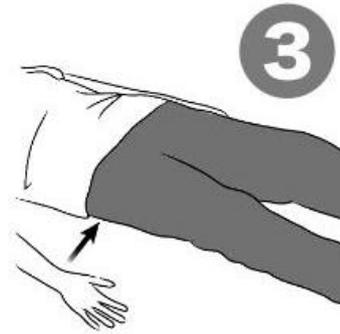
- Walking with aids: 1–2 weeks
- Walking independently: 4–6 weeks
- Driving: usually after 6 weeks (check with surgeon and insurer)
- Return to work: 6–12 weeks (depending on job)
- Full recovery: up to 12 months



1 Ankle pumps



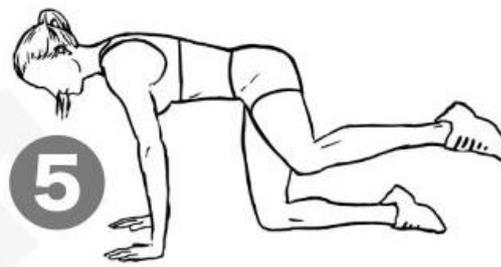
2 Ankle rotations



3 Buttock contractions



4 Bed-supported knee bends



5 Abduction exercises



6 Straight leg raises



7 Quadricep sets

When to Seek Medical Advice Urgently

Contact your healthcare provider if you notice:

- Increasing pain, redness, or swelling around the wound
- Fever or feeling unwell
- Sudden hip pain or inability to move the leg
- Calf pain, swelling, or shortness of breath

Key Points to Remember

- Hip replacement is a very successful operation
 - Physiotherapy and exercise are essential for recovery
 - Most people experience significant pain relief and improved mobility
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