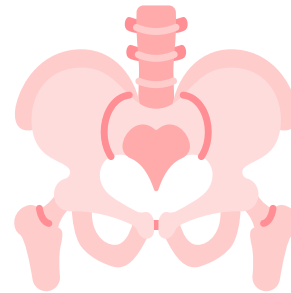


# Care for your Hip

Please adhere to the post-discharge care instructions strictly until you have seen the physiotherapist/doctor in the outpatient clinic. This is to ensure that you have a successful recovery.



<b>Hip</b>	<input type="radio"/> Left <input type="radio"/> Right
<b>Condition/ Surgery</b>	<input type="radio"/> Hip arthroscopy <input type="radio"/> DHS <input type="radio"/> Labral tear <input type="radio"/> PFNA <input type="radio"/> Hip fracture (conservative) <input type="radio"/> AVN <input type="radio"/> Others: _____

Precautions (*strike off inappropriate and tick those appropriate)	
<input type="checkbox"/>	You are not allowed to bend the hip more than 90 degrees
<input type="checkbox"/>	You are allowed to bend the hip to : _____
<input type="checkbox"/>	You are not allowed to move your leg backwards
<input type="checkbox"/>	You are not allowed to cross your legs

Weight-bearing (*strike off inappropriate and tick those appropriate)	
<input type="checkbox"/>	<p><b>Non weight-bearing:</b> No body weight through your operated leg. Your foot should not touch the ground while walking. You will need to use crutches or frame to walk.</p>
<input type="checkbox"/>	<p><b>Toe-touch weight-bearing:</b> Your toes should only touch the ground lightly for balance while walking. You will need to use a walking frame to walk.</p>
<input type="checkbox"/>	<p><b>Partial weight-bearing:</b> Put only up to 50% of your body weight through your leg. You will need to use a walking aid to walk.</p>
<input type="checkbox"/>	<p><b>Full weight-bearing:</b> Safe to put up to 100% of your body weight through your leg. You may still require a walking aid to walk with a proper pattern due to pain.</p>

## What should be expected?

It is common to still experience pain and swelling after surgery and you will be prescribed medication to cope with it. Consume your medication as prescribed if the pain affects your sleep, ability to perform your usual routine or participate in post-operative exercise.

## How else can I manage my pain?

### Cryotherapy (cold therapy)

The application of cryotherapy for about 20 minutes over the area of surgery can help with pain relief and reduction of swelling. It is advisable to use it at least 3 times a day after surgery.

### Physiotherapy exercise after surgery

You will be provided with an individualized exercise sheet to be performed after surgery. Do not do other exercises that are not prescribed by your post-operation physiotherapist/doctor. This is to ensure that you do not do any excessive/unsafe exercises.

## Tips to manage at home

Sleep positions and turning in bed: Try to sleep on your back with pillow between the knees; you may also lie on your non-operated side with a pillow between your legs (Bold dotted line denotes operated leg)

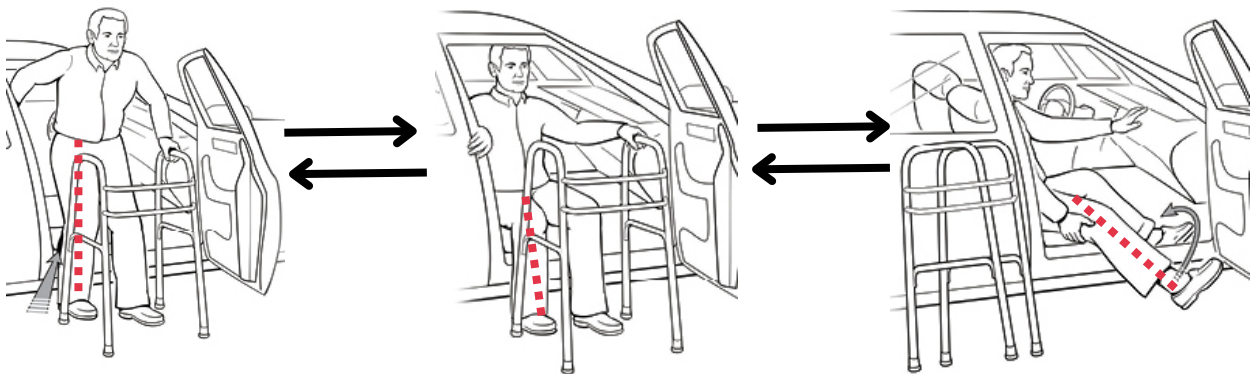


Sitting Up/Down (e.g. L leg injured):



(images from: <https://www.orthobethesda.com/patient-information/post-operative-care/hip/>)

Transfer into/ out of the car (e.g. R leg injured):



(images from: <https://www.saintlukeskc.org/health-library/step-step-getting-car-crutches>)

## **Attending Physiotherapy after discharge from the hospital:**

The medical team has scheduled you for an appointment with the outpatient physiotherapy department to continue with the next stage of your recovery. It is very important that you follow up to achieve the best outcome. Bring your exercise sheet along with this educational brochure on your initial visit.

If you have any queries, you can always seek advice from your physiotherapist/doctor during your outpatient appointment. In the meantime, it is important to follow this guide until you attend your outpatient physiotherapy appointment.

Contributed by Physiotherapy, Rehabilitation, Allied Health Services

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of December 2023 and subject to revision without prior notice.



Scan QR  
code to  
download  
e-brochure