

How Do You Know If You Should Have A Total Hip Replacement?

Although THR is a commonly performed procedure, the decision to have surgery should be thoroughly discussed with your orthopedic physician. Alternative treatments such as physical therapy and medications should always be considered before having surgery.

Your physician will perform physical tests, analyze X-rays, and review your medical history to determine if surgery is appropriate.

Physical Tests may include muscle strength, range of motion of the joint, and functional tests such as getting up from a chair, and walking.

X-rays will provide your physician with images of your hip that may show degenerative changes in the hip.

Like any surgery, there are potential complications therefore, a thorough **medical history** is important to make sure you are not at an unusual risk of post-surgical complication.

The final decision to have surgery will always be yours, so ask your physician questions so you can make an educated decision.



Manual Physical Therapy

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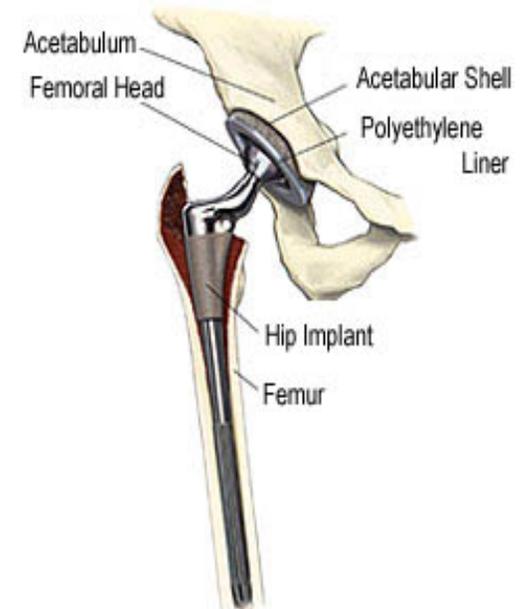
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Total Hip Replacement



Implant Inside a Femur



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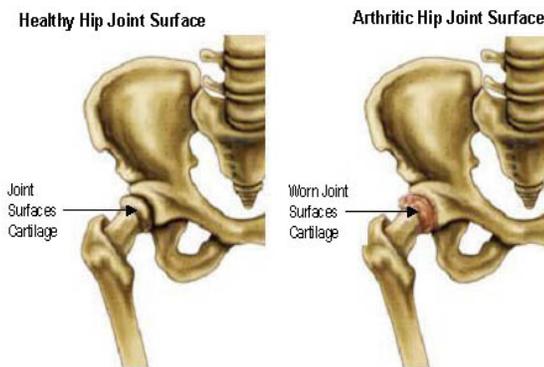
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What Is Total Hip Replacement?

Total Hip Replacement (THR) is a surgery performed to replace damaged portions of the hip joint with artificial parts made of metal and durable plastic material. These artificial parts are called **prostheses** or **implants**.

The hip is a **ball and socket joint**. The ball portion is called the **femoral head**, and the socket is called the **acetabulum**. The long bone of the thigh is called the **femur**. (See picture on front cover).

A healthy hip is covered by a protective tissue called **cartilage**. This can become worn by arthritis, trauma, or disease resulting in hip pain that occurs with movement or walking.



Surgery

Hip replacement surgery usually takes 2 to 4 hours depending on the severity of the arthritis. An incision about 6 inches long will be made over the side of the hip, so the surgeon can remove the damaged parts of your hip. The surgeon will then replace them with the artificial implants, and finally sew the layers of muscle and tissue together so they may heal. A sterile bandage is applied over the incision to prevent infection.

Physical Therapy

When you are taken to your hospital room, you will find a foam wedge or pillows placed between your legs to hold your hip in proper position. On the day of surgery you may be asked to sit on the edge of the bed and dangle your feet. A **Physical Therapist** will assist you to instruct you on the proper way of sitting up so you may prevent the new hip from dislocating.

As soon as possible, usually the day after surgery, your physical therapist will help you begin walking. You will usually use a walker, later progress to a cane, and eventually walk without any assistive device. They will instruct you on how to go up and down stairs and/or a curb.

An **Occupational Therapist** will show you how to dress, get up and down from a toilet, and in and out of a bathtub safely.

Precautions

To prevent dislocation of the new hip, your physical therapist will instruct you on the following precautions.

- Do Not let your leg cross the midline of your body
- Do Not bend over to pick an object up. Instead use a reacher
- Do Not pivot on your leg when walking
- Do Not rotate your foot in or out. Keep your toes pointed forward

For More Information Call



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