GALLAND/KIRBY TOTAL HIP ARTHROPLASTY
POST-SURGICAL PRECAUTIONS

FOR UP TO 6-8 WEEKS POST-OP

DO NOT:

• Sit in low, soft furniture because your hip will flex too much.
• Do not drive until cleared with your physician (usually 6 weeks post-op).
• Pivot on your operated leg.
• Sit too long (> ½ hour) and become overly fatigued.
• Take chances – be careful on uneven or wet ground.
• Squat, cross your legs or ankles – be careful when picking up objects and bending at the waist.
• Go on prolonged car rides – do stop frequently and stretch.

DO:

• Sleep on your back for 6 weeks with a pillow between your legs.
• Use a walker or crutches bearing the amount of weight as instructed.
• Use a raised toilet seat, reacher and shower seat.
• Use TED hose for 6 weeks. If calf pain or swelling occurs, see your physician.
• Sit on a stool to garden and use a long handled tool.
• Keep housework light – no heavy lifting.
• Take frequent, short walks and get adequate rest.
• Continue your exercise program as directed by your physical therapist.
• Maintain a balanced diet to avoid weight gain.

**If you travel by air, tell the security guards that you had a hip replacement – you may set off the metal detectors. Pick up an “Implant Card” from Orthopaedic Specialists of North Carolina.

PERMANENT PRECAUTIONS:

• Avoid deep squatting.
• Carry loads (such as briefcase, groceries, etc.) on side of operation.
• Use caution when bending at the waist to pick up objects.
• Do not play sports that involve repetitive jumping and acceleration/deceleration such as basketball, racquetball, and singles tennis. Walking, swimming, and bicycle riding are better.
• Extended running is not advisable because of the stress on the implant-bone interface.
• Repeated climbing or horseback riding may be harmful.

## SPORT ACTIVITIES

<table>
<thead>
<tr>
<th>SPORTS NOT CONTRAINDIATED</th>
<th>POSTOPERATIVE INITIATION</th>
<th>RETURN TO PREVIOUS LEVEL OF ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swimming</td>
<td>Pool aquatic activity at 6 weeks if wound healed</td>
<td>1 year</td>
</tr>
<tr>
<td>Bowling</td>
<td>3 months</td>
<td>6 months</td>
</tr>
<tr>
<td>Golfing</td>
<td>Chipping and putting – 3 months Driving – 6 months</td>
<td>Ok to start at 6 months Full activity at 1 year</td>
</tr>
<tr>
<td>Tennis Doubles</td>
<td>6 months</td>
<td>1 year</td>
</tr>
<tr>
<td>Snow Skiing</td>
<td>Greens/Blues 6 months</td>
<td>1 year</td>
</tr>
<tr>
<td>Horseback Riding</td>
<td>3-6 months if experienced</td>
<td>1 year</td>
</tr>
<tr>
<td>Bicycling</td>
<td>Stationary (at home) – 2 months Outdoor – 3 months</td>
<td>1 year</td>
</tr>
</tbody>
</table>

## SPORTS / ACTIVITIES NOT RECOMMENDED

- Jogging / Running / Jumping
- Basketball / Football / Baseball / Soccer / Volleyball
- Waterskiing

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