

Post-operative Regime Following Birmingham Hip Resurfacing

**PLEASE NOTE THESE ARE GUIDELINES ONLY
ALL PATIENTS SHOULD BE TREATED INDIVIDUALLY.**

Post op Day 0

Patients may get up on the day of operation . (Depends on patient comfort and general recovery from anaesthetic).

Fully weight-bearing with the aid of crutches or a walker. Walk around the room or bed. Use abduction wedge whilst in bed.

Post op Day 1

Walk with aid of a walker or crutches.

Sit out of bed for short periods.

Walk to the bathroom. Use toilet unaided.

Lie on unoperated side if desired, with a pillow between knees.

Discard abduction wedge.

Post op Day 2

Progress with crutches or walker. Walk confidently and easily.

Manage getting in and out of bed unaided.

Post op Day 3

Manage stairs. Walk with walker/crutches around hospital ward/surroundings.

Discharge Home

Use walker/crutches indoors for 2 weeks

Use walker/crutches outdoors for 4 weeks - walk half a mile by 4 weeks.

May transition to a cane if able.

Use a cane outdoors until walking is normal (no limping)

Walk a mile by 6 weeks.

Walk unaided by 6-8 weeks.

Driving at 4 weeks.

Swimming, Rhythmical exercise (i.e. gym work) at 6 weeks.

Golf at 8 weeks – short game only

Until 3 months

No heavy lifting. No squatting. No twisting. No jumping. No crossing knees.

After 3 months

Return to all normal activities. golf, horseback riding, sports etc.

No high impact activities/sports for 9 months to a year

Exceptions

Osteopenia :- elbow crutches/walker for 6 weeks.

Longer incision/ obese patients are slower to recover.

Patients are unable to get their own socks and shoes on until 8-9 weeks.

Lying on the operated side is achieved in 8-9 weeks once comfortable.

Hip Flexion is slowest to recover

95degrees at 6 weeks

110degrees at 3 months

120degrees----130* at 1 year. With a few individual patients who do yoga/pilates the result can be improved further.