

Following your hip impingement surgery



This leaflet has been produced by the Therapy department to offer you advice on taking care of your hip following your operation.

The operation is performed to reduce pain, and increase the mobility of your hip. It is more commonly carried out in younger and more active patients.

Following your operation

You will be in hospital for about one to three days.

The surrounding bone, tissues and muscle take time to heal, so it is important to take care for the first six weeks of your recovery and to do the exercises as advised by your physiotherapist.

When you get home you will be able to:

- walk with walking aids
- use the stairs
- get on and off the bed
- have a home exercise programme.

Walking

You will be able to get out of bed on the day of your operation and try a short walk using a walking frame, touch weight bearing* .

On the following day you will be shown how to use crutches, touch weight bearing* .

Once you are walking, it is important to take a short walk every hour or so during the day. You will need to use two crutches for between six and 12 weeks.

Your leg may be swollen for up to three months after your operation. It is important that you keep an eye on the swelling and avoid spending long periods sitting in a chair. Spend some time each day with your feet up on the bed to help reduce any swelling. Regular, short walks and exercises will also help.

* **Touch weight bearing** - This means minimal weight (up to 10kg) through the operated leg as you walk. You will be taught how to do this by your physiotherapist.

Walking up and down the stairs

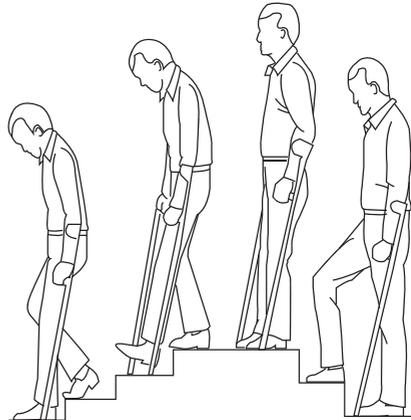
Take one step at a time. Hold the hand rail if there is one available. Then take both of your crutches in your other hand as shown by your physiotherapist.

Walking up:

1. Unoperated leg
2. Operated leg - touch weight bearing*
3. Crutches

Walking down:

1. Crutches
2. Operated leg - touch weight bearing*
3. Unoperated leg



At home

Dressing - You will be given long handled dressing aids and will be shown how to use them by an occupational therapist. You will need to continue to use the dressing aids for up to six weeks.

Showering/Bathing - You are advised not to sit into the bottom of a bath for the first 6 weeks. If you have a separate shower or a shower over the bath you may be able to use this. Your occupational therapist will discuss these options with you and may be able to supply assistive equipment such as a bath board, shower stool and long handled aids.

Try to ensure that frequently used items such as towels are stored within easy reach.

Sleeping - You may sleep on your side or on your back after your operation.

Domestic tasks - you will not be able to do any heavy household tasks, or carry shopping for at least the first 6 weeks so it is important to identify who might be able to help with:

- vacuum cleaning
- laundry
- changing of bedding
- carrying shopping bags
- putting out bin bags
- transport
- looking after any dependents for whom you are the main carer
- looking after pets, particularly if they need exercising.

If you are concerned about not having enough support on discharge, either for yourself or for a dependent, please discuss this with your occupational therapist and they may be able to signpost you to appropriate support providers. It is important to be aware that there is often a financial cost for agency care in the community.

Driving - You must not drive for six weeks following your operation. Your consultant will inform you when you may drive.

If you drive an automatic and have had surgery to your left hip, you may drive after two weeks. **However, you must check first with your insurance company, as there is evidence that reaction times are reduced for six weeks after surgery.**

Work/Employment

It is important to take an appropriate amount of time off work following your operation. Your occupational therapist will be able to discuss this with you and advise you.

Follow-up appointment

You will be referred for a follow-up appointment with your consultant around six weeks after your operation.

This is a good time to ask if you can:

- drive a car
- have sexual intercourse
- try general household tasks
- do hobbies again (such as sport, gardening etc)
- progress your walking
- progress to abduction and hip flexion exercises.

After three months you should be able to return to normal levels of activity and take part in gentle sporting activity.

Remember for six weeks:

DO:

- go for regular short walks
- continue to use your crutches, touch weight bearing*
- continue to do your exercises regularly
- spend some time with your feet up each day.

DON'T:

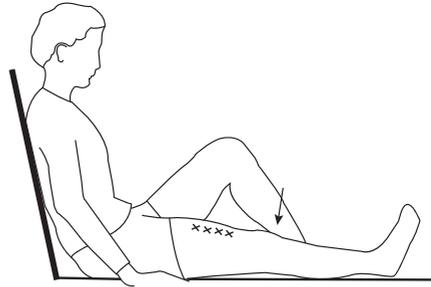
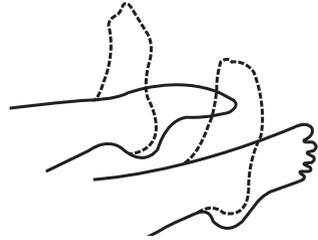
- walk without your crutches
- go on long journeys
- spend long periods of time sitting in a chair
- actively flex or abduct your hip (see over).

Exercises for your operated leg

Active exercises

After your operation, it is important to do the following exercises two to three times a day. Aim to do about 10 of each.

1. Move your whole foot up and down at the ankle to help your circulation.
2. Tense up your thigh muscles.
Hold for three seconds.
3. Tense up your buttock muscles.
Hold for three seconds.



Passive exercises

These exercises must be done for you by your partner/relative, as shown by your physiotherapist. If possible, do them twice a day, around five times each.

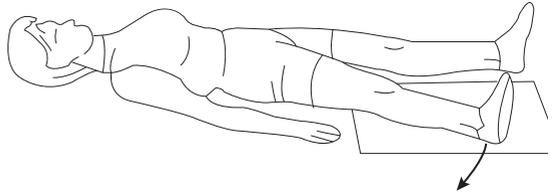
1. **Hip flexion** - this involves your hip and knee being bent towards your chest.
2. **Hip abduction** - this involves your leg being taken out to the side.

Before starting the following exercises you must have seen your consultant and had a check X-ray - both at six and 12 weeks - and obtained your consultant's agreement. You will also have been referred to your local outpatient physiotherapy department who will work with you to progress your exercises.

Exercises to start at six weeks

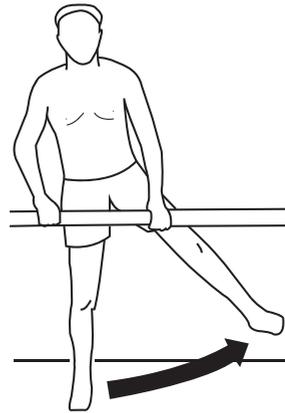
'Hip abduction' while lying or sitting on bed

Slide your operated leg out to the side. Brace your knee and keep it pointing to the ceiling. Do not let your leg roll outwards.



'Hip abduction' while standing

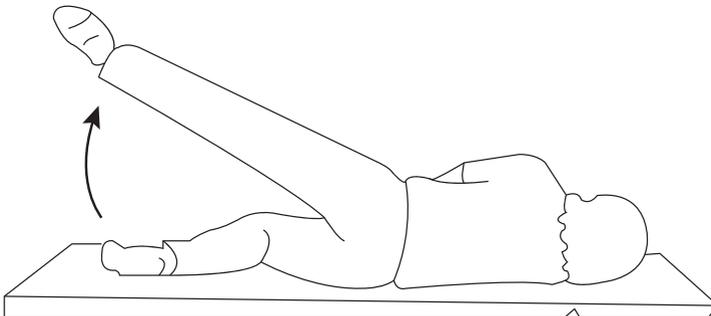
Stand straight and hold on to a work surface. Lift your operated leg out sideways as far as possible and then bring it down again. Take care to keep the rest of your body still, with your back straight. When you are strong enough, try to hold the leg out to the side for five seconds.



Exercise to start at 12 weeks

'Hip abduction' when lying on your un-operated side

Lie on your un-operated side. Keep your knee and toes pointing forward and raise your operated leg up/out to the side as far as you can, then bring it back to rest on your un-operated leg. When you are strong enough, try to hold the leg out to the side for five seconds.



The advice in this leaflet is a guide only - please check with your doctor and therapists if you have any questions.

NOTES

If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690

