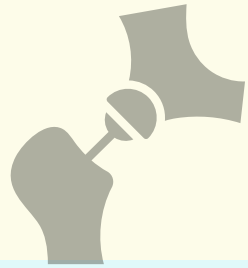


TOTAL HIP REPLACEMENT (THR)

It is a surgery that involves the removal of damaged and worn out areas of the hip joint (i.e. femoral head and acetabulum) and replacing it with prosthetic implants.

DID YOU KNOW?

The hip joint is a ball and socket joint with the femoral head (part of thigh bone) being the “ball”, and the acetabulum (part of pelvis) being the “socket”. This allows for a large range of movements including rotation about the main axes.



DO I NEED A THR SURGERY?

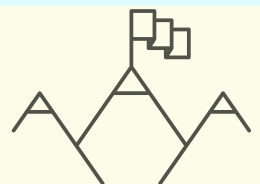
The main goal of a THR is for pain relief and restoration of a functional hip for improved quality of life.

Common THR candidates include people with:

- End-stage degenerative and symptomatic hip osteoarthritis
- Avascular necrosis (i.e. disruption of blood supply to the hip)
- Development abnormalities of the hip (i.e. Hip dysplasia)

POST-OP PHYSIOTHERAPY GOALS

- Get up and moving independently
- Resume normal routine and activities within 4-6 weeks



TOTAL HIP REPLACEMENT (THR)

RECOVERY MILESTONES

POST-OP WEEKS 0 TO 6:

- Walk with mobility aid
- Weight bear as tolerated
- Gentle range of motion
- Strengthening

POST-OP WEEKS 6 TO 12:

- Exercises to improve strength and control of hip muscles
- Return to normal activities of daily living (as tolerated)
- Stair climbing

At 6 weeks post-op, you should be able to walk comfortably without a mobility aid



Heel slides



Inner range quadriceps contraction



Step ups and downs



Double leg bridge