

# Total Hip Arthroplasty - E.R.A.S. Education

## Enhanced Recovery After Surgery

*Goals of ERAS:* To involve you and your family in your recovery, to get you home as soon and as safe as possible and to improve the outcome and overall satisfaction of your surgical experience.

### **YOUR ROLE BEFORE SURGERY**

- Make sure your home is adapted to your post-op needs. Install any safety equipment you may need. Items you use regularly that are in lower cupboards should be placed at countertop height. Keep your walkways clear of clutter/trip hazards. Make sure you obtain all the adaptive equipment you'll need for after surgery. You can use a "loan closet" to borrow equipment at no cost or try to borrow from family and friends. Make sure you have a firm chair with arms to easily get in and out of. A higher seat is easier to get out of.
- Ask family and friends to help you after your surgery. Make sure you have easy food to prepare so you don't stand on your feet for too long- freezer type meals are easy (bought or made).
- No need to bring any of your equipment to the hospital. You can bring your own clothes, very loose fitting, shoes must have non-slip bottom and fully enclose the heel for safety and fall prevention.

### **AFTER HIP SURGERY**

- Always follow your surgeon's guidelines and precautions.** There may be some general precautions for 6 weeks after surgery and they may include: 1. No crossing feet or legs 2. No breaking 90 degrees formed where the upper thigh meets the spine-no bending forward, or pulling knee up, like when tying shoes. 3. Keep hips in neutral no twisting during the day or at night. Use pillow or foam between knees to keep hips in neutral. See the attached guidelines for precaution photos.
- Fall prevention:** After surgery you are at increased risk for a fall. While you are in the hospital always use the call button for assistance getting out of bed. Medications and surgery can make you dizzy or lightheaded. After you've been laying down, make sure you sit for as long as you need to before standing. Be aware of any equipment that could be in your way.

- Blood clot (DVT) prevention after surgery, you'll wear the sequential compression device while in the hospital. Once at home, walking frequently and ankle pumps are an important part in prevention of DVT's.
- Early mobility following your surgery helps to build your endurance and decrease your pain. You will be getting out of bed the same day of surgery (within 8 hours of surgery). Physical and Occupational therapy will be bedside after surgery to help with ambulation, exercises and activities of daily living.

### **AT HOME**

- Keep walkways clear of clutter or trip hazards. Use night lights to help guide you into bathroom at night. Always keep your assistive device (ie, walker/cane at your bedside for safety.
- Do your ankle pumps 10+ every hour you are awake. Do not sit for more than 30-45 min. Walking and doing your exercises helps to build endurance, decrease joint stiffness and decreases chances of DVT.
- You and your Dr will discuss the need for physical therapy at your follow-up visit. Outpatient physical therapy is not usually necessary the first 6 weeks.

*4 Ways to schedule an appointment at a Beaumont Physical/Occupational Clinic near you:*

1. CALL **248-655-3191**
2. Call the PT clinic of choice directly
3. For **online PT scheduling** click on the link below:  
<https://www.beaumont.org/treatments/physical-therapy>
4. Scan the QR code



## YOUR SURGEON MAY HAVE YOU FOLLOW HIP PRECAUTIONS AFTER SURGERY

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- Avoid pivoting on, or rotating/twisting your operated hip
- Avoid bending more than 90 degrees with your surgical hip
- Avoid crossing your legs or ankles
- Sleep with pillows between your knees

***Always follow your surgeon's guidelines after surgery***



Affected leg should not cross  
the center of the body



Hip should not bend  
more than 90 degrees



Affected leg should  
not turn inward

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## Post-op THA exercises

### Quad Set

Lie on your back  
Tighten your top thigh muscles, so the back of your involved knee pushes into the bed  
Hold for 5 seconds  
Relax and repeat 10x, 2-3x/day



### Gluteal set

Lie on your back  
Squeeze your buttock muscles  
Hold for 5 seconds



### Terminal Knee Extension

Lie on your back  
Place a rolled up towel under your knees  
Raise your foot to straighten your leg being sure to keep the back of your thigh on the towel roll  
Hold for 5 seconds  
Slowly lower your foot to the starting position  
Relax and repeat 10x, 2-3x/day



### Heel Slide

Lie on your back with surgical leg straight  
Bend the knee on your uninvolved side  
Slide your heel toward your buttocks  
Hold for 5 seconds  
Return slowly, relax and repeat 10x, 2-3x/day



### Ankle Pumps

Pull your toes up toward your nose, then point toes away from you like pushing on a gas pedal  
Pumping back and forth  
Repeat minimum 10x/hour, every hour you are awake



### Knee Extension

Sit with your back against a chair  
Straighten your surgical knee lifting your foot off the floor  
Tighten up the quad muscle  
Hold for 5 seconds, relax and repeat  
Relax and repeat 10x, 2-3x/day

