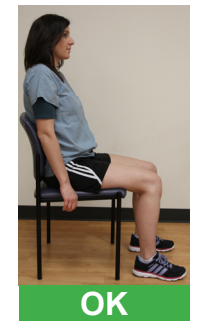
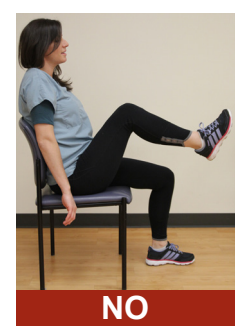
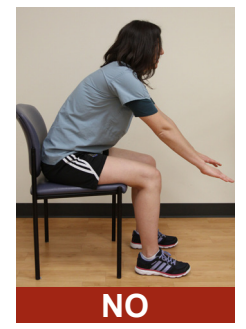


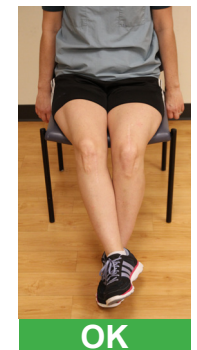
Hip Replacement Care Pathway After Discharge

Posterior Hip Precautions

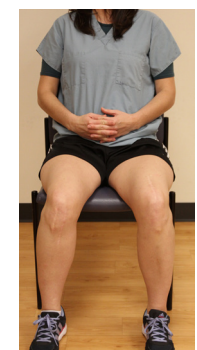
No Bending Past 90 degrees



Do Not Cross Legs at Knees



Avoid Forceful Twisting at Hips



Control Pain and Swelling

Exercises (based on therapist discretion)

Take Pain Medication	Take pain medication as directed by your surgeon. Start weaning your pain meds after 4 or 5 days as tolerated. (Decrease the number of pills or increase the time between pills.)	Take Medication	Take Medication	Take Medication	Take Medication (begin weaning)	Take Medication (begin weaning)	Take Medication (continue weaning)	Take Medication (continue weaning)
Take Blood Clot Medication	Take medication to prevent blood clots as directed by your surgeon.	Take Medication <input type="checkbox"/>	Take Medication <input type="checkbox"/>	Take Medication <input type="checkbox"/>	Take Medication <input type="checkbox"/>	Take Medication <input type="checkbox"/>	Take Medication <input type="checkbox"/>	Take Medication <input type="checkbox"/>
Ice your Hip and Thigh	Apply and ice pack for 20 minutes as tolerated throughout the day. (20 minutes on, 20 minutes off.)	Ice often	Ice often	Ice often	Ice often	Ice often	Ice often	Ice often
Elevate your Leg	Prop your leg when sitting throughout the day Position your leg above your heart 4x/day for 20-30 minutes	Elevate leg above heart <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Elevate leg above heart <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Elevate leg above heart <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Elevate leg above heart <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Elevate leg above heart <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Elevate leg above heart <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Elevate leg above heart <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Wear TED Stockings	Wear during the day and remove at night. Check skin daily to make sure you have not developed a sore.	Check Skin <input type="checkbox"/>	Check Skin <input type="checkbox"/>	Check Skin <input type="checkbox"/>	Check Skin <input type="checkbox"/>	Check Skin <input type="checkbox"/>	Check Skin <input type="checkbox"/>	Check Skin <input type="checkbox"/>
Care for your Incision	Keep incision clean and dry. Do not use ointments or lotions. Do not take a bath. Cover incision if you shower. Normal: Tenderness Scabbing Pink Warm Not Normal: Pain Drainage Red Hot Fever > 101.5 deg	Call 734-936-5780 if you experience: Drainage from incision Incision is redder Incision is hotter Increased Pain Fever over 101.5 degrees						
Avoid Constipation	Take a stool softener and laxative every day that you are taking pain medications Eat a high fiber diet Drink plenty of fluids (water)	<input type="checkbox"/> Stool softener <input type="checkbox"/> Laxative <input type="checkbox"/> High fiber diet <input type="checkbox"/> Drink fluids	<input type="checkbox"/> Stool softener <input type="checkbox"/> Laxative <input type="checkbox"/> High fiber diet <input type="checkbox"/> Drink fluids	<input type="checkbox"/> Stool softener <input type="checkbox"/> Laxative <input type="checkbox"/> High fiber diet <input type="checkbox"/> Drink fluids	<input type="checkbox"/> Stool softener <input type="checkbox"/> Laxative <input type="checkbox"/> High fiber diet <input type="checkbox"/> Drink fluids	<input type="checkbox"/> Stool softener <input type="checkbox"/> Laxative <input type="checkbox"/> High fiber diet <input type="checkbox"/> Drink fluids	<input type="checkbox"/> Stool softener <input type="checkbox"/> Laxative <input type="checkbox"/> High fiber diet <input type="checkbox"/> Drink fluids	<input type="checkbox"/> Stool softener <input type="checkbox"/> Laxative <input type="checkbox"/> High fiber diet <input type="checkbox"/> Drink fluids
Ankle Pumps	Do 10 reps every hour	10 Reps every hour	10 Reps every hour	10 Reps every hour	10 Reps every hour	10 Reps every hour	10 Reps every hour	10 Reps every hour
Thigh Squeeze	3 times per day, work up to 10 reps	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Buttock Squeeze	3 times per day, work up to 10 reps	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Heel Slides	3 times per day, work up to 10 reps	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Leg Slides	3 times per day, work up to 10 reps	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Knee Extensions	3 times per day, work up to 10 reps	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Walk	Start with short distances to build up endurance Try to increase your walking time each day Walk comfortably, don't limp and use your assistive device	Walk <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Walk <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Walk <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Walk <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Walk <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Walk <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Walk <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Hip Replacement Care Pathway After Discharge

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
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Posterior Hip Precautions

No Bending Past 90 degrees



NO



OK

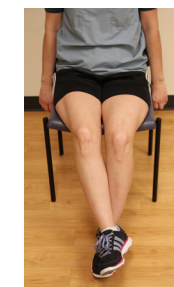


NO

Do Not Cross Legs at Knees



NO

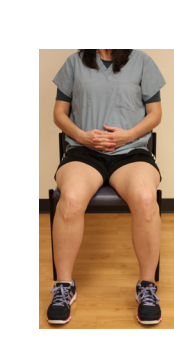


OK

Avoid Forceful Twisting at Hips



NO



OK

Control Pain and Swelling

Exercises (based on therapist discretion)

Take Pain Medication	Take pain medication as directed by your surgeon. Start weaning your pain meds after 4 or 5 days as tolerated. (Decrease the number of pills or increase the time between pills.)	Take Medication (continue weaning)	Take Medication (continue weaning)	Take Medication (continue weaning)	Take Medication (continue weaning)	Take Medication (continue weaning)	Take Medication (continue weaning)	Take Medication (continue weaning)
Take Blood Clot Medication	Take medication to prevent blood clots (as directed).	Take Medication <input type="checkbox"/>	Take Medication <input type="checkbox"/>	Take Medication <input type="checkbox"/>	Take Medication <input type="checkbox"/>	Take Medication <input type="checkbox"/>	Take Medication <input type="checkbox"/>	Take Medication <input type="checkbox"/>
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Elevate your Leg	Prop your leg when sitting throughout the day Position your leg above your heart 4x/day for 20-30 minutes Elevate leg above heart <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Elevate leg above heart <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Elevate leg above heart <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Elevate leg above heart <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Elevate leg above heart <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Elevate leg above heart <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Elevate leg above heart <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Elevate leg above heart <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Wear TED Stockings	Wear during the day and remove at night. Check skin daily to make sure you have not developed a sore.	Check Skin <input type="checkbox"/>	Check Skin <input type="checkbox"/>	Check Skin <input type="checkbox"/>	Check Skin <input type="checkbox"/>	Check Skin <input type="checkbox"/>	Check Skin <input type="checkbox"/>	Check Skin <input type="checkbox"/>
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Avoid Constipation	Take a stool softener and laxative every day that you are taking pain medications Eat a high fiber diet Drink plenty of fluids (water)	<input type="checkbox"/> Stool softener <input type="checkbox"/> Laxative <input type="checkbox"/> High fiber diet <input type="checkbox"/> Drink fluids	<input type="checkbox"/> Stool softener <input type="checkbox"/> Laxative <input type="checkbox"/> High fiber diet <input type="checkbox"/> Drink fluids	<input type="checkbox"/> Stool softener <input type="checkbox"/> Laxative <input type="checkbox"/> High fiber diet <input type="checkbox"/> Drink fluids	<input type="checkbox"/> Stool softener <input type="checkbox"/> Laxative <input type="checkbox"/> High fiber diet <input type="checkbox"/> Drink fluids	<input type="checkbox"/> Stool softener <input type="checkbox"/> Laxative <input type="checkbox"/> High fiber diet <input type="checkbox"/> Drink fluids	<input type="checkbox"/> Stool softener <input type="checkbox"/> Laxative <input type="checkbox"/> High fiber diet <input type="checkbox"/> Drink fluids	<input type="checkbox"/> Stool softener <input type="checkbox"/> Laxative <input type="checkbox"/> High fiber diet <input type="checkbox"/> Drink fluids
Ankle Pumps	Do 10 reps every hour	10 Reps every hour	10 Reps every hour	10 Reps every hour	10 Reps every hour	10 Reps every hour	10 Reps every hour	10 Reps every hour
Thigh Squeeze	3 times per day, work up to 10 reps	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Buttock Squeeze	3 times per day, work up to 10 reps	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Heel Slides	3 times per day, work up to 10 reps	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Leg Slides	3 times per day, work up to 10 reps	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Knee Extensions	3 times per day, work up to 10 reps	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Walk	Start with short distances to build up endurance Try to increase your walking time each day Walk comfortably, don't limp and use your assistive device	Walk <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Walk <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Walk <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Walk <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Walk <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Walk <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Walk <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Standing Side Leg Raise	3 times per day, work up to 10 reps	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Reps 3x/day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>