



Want to know a little more?

Hip Replacement

The hip is formed by the femur (thigh bone) and the pelvis. The joint surfaces within the hip are covered by articular cartilage which allows smooth movement of the joint.

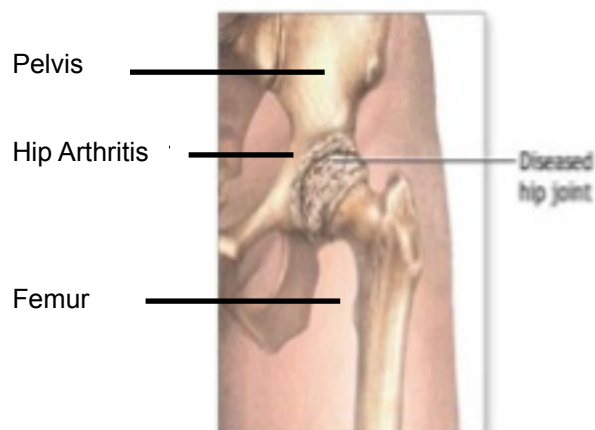
A hip replacement is completed when the joints have extensive degenerative change or arthritis, which roughens the joint surfaces resulting in painful and restricted movement.

When you have a hip replacement you may have a total replacement (both pelvic and femoral parts replaced) or a partial replacement (only one part replaced). The surgery involves replacing the worn joint surface with an artificial surface to allow normal joint movement.

After surgery you may be in hospital for 5 - 10 days. This allows time for you to be able to safely learn how to walk before you go home. However to get the best from your hip, a rehabilitation program is required for 3 - 6 months.

This program can be provided by your physiotherapist and includes stretches, strengthening exercises, pool exercise and possibly gym exercise. It also involves learning how to walk with crutches, how to walk up and down stairs and progressing to walking without any aids at all.

For most people having a hip replacement means they will have less pain, improved strength and they can therefore cope better with day to day activities. You can expect to return to activities such as gardening, walking for exercise, golf etc after your rehabilitation program.



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A metal ball and stem are inserted in the femur and a plastic socket is placed in the enlarged pelvis cup



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Disclaimer: The information on this page is intended as a guide only, and does not constitute advice or treatment. For further information, please see your qualified physiotherapist

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