

Hip Pain After Hip Replacement Surgery



Depending on how recently your hip surgery was performed, the hip pain you experience afterward could be quite normal. It will be minimized if you remember to diligently follow your surgeon's specific instructions about what you can and cannot do in the first few weeks after surgery. In fact, **a program of physical therapy exercises—began immediately after surgery—is a critical component of your rehabilitation.**

Up to 6 weeks after surgery, you can still expect discomfort at night and when you move about, although it should not stop you from performing most activities of daily living. It is important that you slowly increase your activity with **a walking program and, several times**

each day, sets of hip-strengthening exercises and exercises designed to restore your mobility. To prevent any discomfort during this period, take your pain-relief medications about 30 minutes before you begin to exercise. If, however, any of these movements cause pain, rather than mild discomfort, you should consult your surgeon.

At the 6-week point, the pain should have receded to the point where, with a cane, you can walk a fairly long distance without much discomfort. Walking, however, does not substitute for the prescribed exercises. If you need help in continuing to perform the exercises, we can evaluate your program in consultation with your surgeon.

Until at least 8 weeks have passed, avoid bending excessively (picking anything up from the floor, for instance) or sitting in chairs without arms (arms give you something to lean on as you rise). While being too active too quickly can cause pain, walking, swimming (after your wound is completely healed), dancing, golf (do not wear shoes with spikes and do use a golf cart) and bicycling on a stationary bike or on level surfaces can help increase your strength, flexibility and endurance.

A close-to-ideal rehabilitation—which takes at least 6 months—involves dedication and work on the part of any patient who has had a hip replaced.

Maintaining an exercise program exactly as prescribed by us will help speed your recovery and alleviate any residual pain.