

Before Total Hip Replacement: Preparing for Your Recovery



You may be nervous about getting a new hip. But the better prepared you are before surgery, the easier your recovery program (rehabilitation, or rehab) is likely to be. That's because getting ready helps give you the strength and skills you'll need after surgery. So start getting ready now. Your healthcare team will be there to help.

Why preparing for recovery helps

You can make your recovery quicker and more comfortable by:

- **Building muscles that support your hip joint.** This helps keep your hip stable while you're healing.
- **Strengthening your arms.** This will make it easier to use walking aids after surgery.
- **Preparing your home before surgery.** This will make it easier and safer to get around.
- **Learning how to protect your new hip.** After surgery, you may need to prevent certain movements. The movements you may need to prevent will depend on the type of hip replacement you had. Your surgeon and therapists will help you learn and remember these safety steps.

Your team



To get ready for surgery and recovery, you'll work with a healthcare team:

- Your physical therapist (PT) will design a movement program to build strength and aid recovery.
- Your occupational therapist (OT) will teach you how to make daily activities safer and easier.
- Your orthopedic surgeon will do the surgery and manage your overall treatment.
- Your nurse or case manager will coordinate your care.

Understanding your role

When it comes to preparing for recovery, much of the work is up to you. Make time each day for the exercises your healthcare provider gives you. Always follow your physical therapist's or surgeon's instructions.

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