How Make a Speedy Recovery From Your Hip Replacement Operation

Ways to Reduce Your Risk of Having a Bad Medical **Outcome from Hip Replacement Surgery**



eference: Factors Associated 2017;99(16):1365-1372. Refi Journal of Aging Res

Ways to Reduce Your Risk of Having a Bad Medical **Outcome from Hip Replacement Surgery**



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Ways to Reduce the Risk of Blood Clots after Hip Replacement Surgery



rence: Low risk of thromboembolic complications after fast-track hip and knee arthroplasty, Acta Reference: Reduced short-term complications and mortality following Enhanced Recovery prima results from 6,000 consecutive procedures. *Acta Orthopaedica* 2014 Orthopaedica 2010;81(5):599-605

How Can I Get The Best Results Following My

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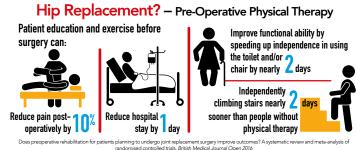
may last

were

last

found to

How Long Will a Hip Replacement Last?



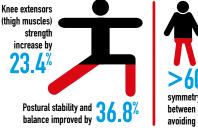
How Can I Get The Best Results Following My Hip Replacement?



of cases are successful with

pain relief and functional

improvement





lasted

Ways to Reduce the Risk of Blood Clots after Hip Replacement Surgery



Reduces your risk of developing a DVT (clot), stroke and heart attack potentially leading to sudden death, to

help of a

physical

therapist

within 3–5

hours after

surgery

Being safely

discharged from

hospital after 3 days

3

edica 2010:81(5):599-605 ce: Low risk of thromboembolic o tions after fast-track hip and knee arthroplasty, Acta Ori Reduced short-term complications and mortality following Enhanced Recovery primary hip and knee arthroplasty results from 6,000 consecutive procedures. Acta Orthopaedica 2014

What Does Good Post-Operative **Physical Therapy Mean?**



+ Faster walking ability + Reduced risk of limp + Greater independence + Better stability on your feet and therefore . . . Reduced risk of falling + Reduced fear of falling

Less risk of damaging

new hip

l rehabilitation exercises in the outpatient or home setting improve strength, gait speed and cadence after elective total hip replacement: a systematic review. Journal of Physiotherapy 2013

The information contained in this article is intended as general guidance and information only and should not be relied upon as a basis for planning individual medical care or as a substitute for specialist medical advice in each individual case. ©Co-Kinetic 2019



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