

Jimicsiyada Ka dib markii la Bedelo Sinta: Habke Dambe

Takhtarkaaga ayaa wuxuu ku bari doonaa jimicsiyo yar oo ad u baahantahay inaad sameyso inta aadan isbitaalka ka bixin. Jimicsiyada kale waa in la billaabo todobaadyada dambe qalliinkaaga ka dib. Raac tilmaamahaan, haddii lagu siiyo jihooyin kala duwan oo ka yimid dhakhtarkaaga ama takhtarkaaga mooyee.

Xusuusnow taxaddaradaada

Waa muhiim in aad raacdo taxaddaradaas inta aad layliyada/jimiciyada sameyneysid.

- Haku laabin in ka badan 90 digrii sinta.
- Ha isku dul saarin lugaha jilibka ee sinta
- Ha ku laabin jirkaada qeybta sare dhexdaada wax kabadan 90 digrii.
- Haku nabin lugahaaga dhulka oo ha qaloocin sintaada.
- Ha gaadhin wax jilbahaaga ka hooseeya.
- Ha isku dul saarin lugahaaga jilbaha iyo anqawiyadaada adoo fadhiya, taagan ama jiifa.
- Gudaha ha u leexanin misigtaada ama bannaankaba meel ka sare dhexdhexaad. Suulashaada hore ha u jeedaan.
- Jilbahana ku haay sintaada hoosteeda markaad fadhido oo iska ilaali kuraasta mugga dheer. Ku fadhiiso barkin si aad miskaha sare ugu ilaaliso.

Jimicsiyada oo dhan

- Raac jihada dhakhtarkaaga ama takhtarkaaga si aad u sameysid jimicsiyadan.
- Waxaad marka hore u baahan kartaa in aad caawimo u hesho jimicsiyaddaan. qof qoyskaaga ka tirsan ha yimaado isbitaalka si uu ula shaqeeyo adiga iyo takhtarkaada si uu u barto sida lagu caawiyo marka aad guriga aado.
- Jimicso 3 jeer maalin kasta. Ku celi jimicsi kasta 10 ilaa 15 jeer.
- Dhamaan layliyada si tartiib ah u samee.
- Waxaa laga yaabaa in aad leedahay xaddidaad dheeri ee dhaqdhaqaaqa sintaada iyadoo lagu saleynayo qalliinkaaga.



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

wexnermedical.osu.edu

Jimicsiyada ah in hore laga bilaabo

□ Ku boodboodka canqowga

Jimicsigan waxaa la sameyn karaa iyadoo sariirta la jiifo ama kursi lagu fadhiyo.

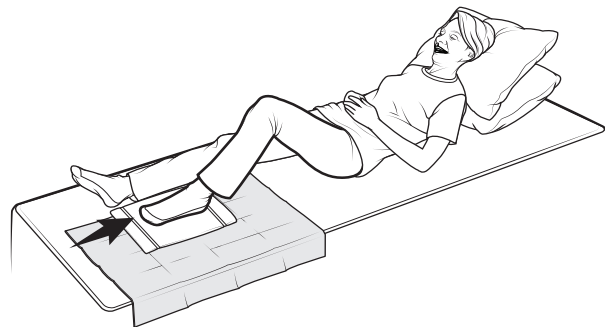
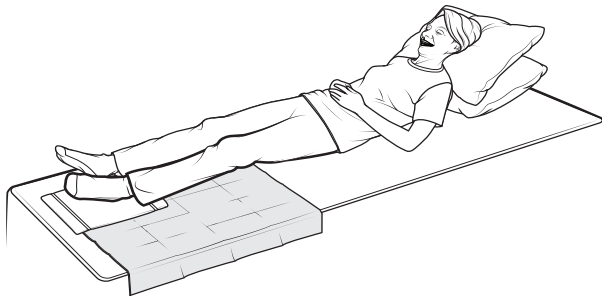
1. Cagtaada kor iyo hoos u dhaqaaji sidii adigoo hoos u riixaya ama kor u sii dajinaya badeelka saliida ee baabuurka.
2. Jimicsigan ku samee cagta kale.



□ Fidinta jilibka

Dhig bac qashin ama gabal alwaax ah lugtaada hoosteeda si aad u yareysid xogida. Shukumaan yar oo ciribtaada hoosteeda la galiyo ayaa sidookale ku caawin kara.

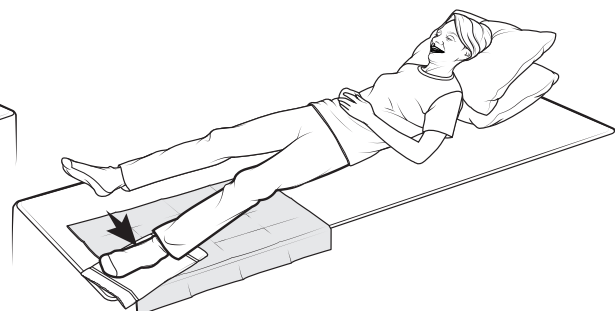
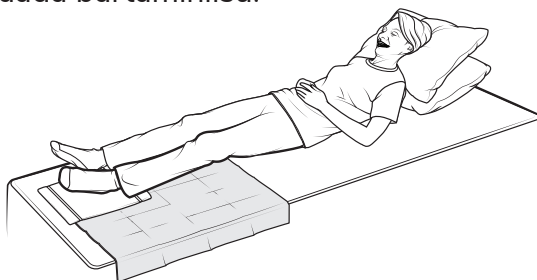
1. Dhabarkaaga ku jiifso oo u ku sibixi ciribtaada dhanka bariyahaada, adigoo jilibka laabaya. Ha ka qaadin ciribtaada oogada dusheeda. Ku jeedi jilibkaaga xagga saqafka, si aadan lugtaada uso laabin ama u fidinin.
2. Joogso oo kadibna ku sibxi ciribtaada hore oo toosi jilibkaaga.



□ Soo jiidida sinta

Dhig bac qashin ama gabal alwaax ah lugtaada hoosteeda si aad u yareysid xogida. Shukumaan yar oo ciribtaada hoosteeda la galiyo ayaa sidookale ku caawin kara.

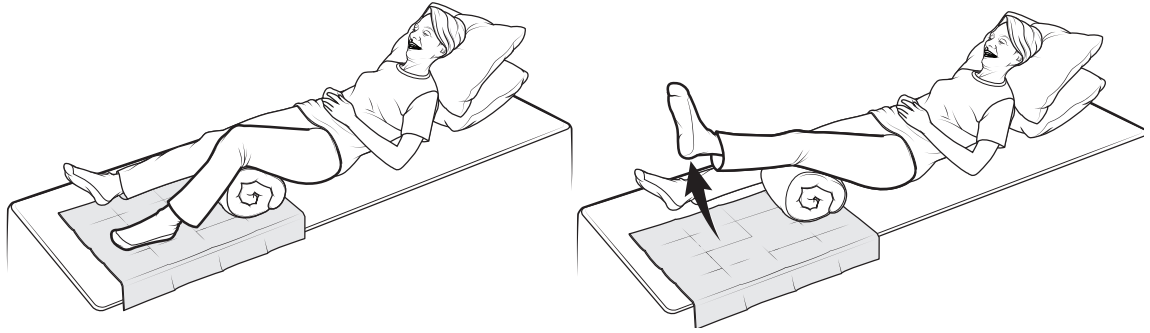
1. Dhabarkaaga ku jiifso iyadoo lugahaaga toosanyihiin. Suulashaada ha u jeedaan dhanka saqafka.
2. Ku sibixi lugtaada la qalay dhanka, sida adigoo maqas furmaya ookale.
3. Joogso oo kadibna ku sibxi lugtaada hore booskii bilawga. Ha ka gudubin jirkaada bartamihisu.



❑ Lugaha wax laga hoos mariyo (jimicsiga buste duuduuban ama gasacad kafeyga)

1. Ku meeley buste duudduuban ama kafeega 3 pound ah jilibkaaga hoostiis ee lugta qalliinka lagu sameeyey.
2. Ku nasinaya bowdadaada duubka ama gasacada, ciribtaada ka qaad sariirta oo toosi jilibkaaga ilaa intaad karto. Joogso ka dibna ciribta hoos u dhigo ilaa booskii bilawga.

Jimicsigaan waxaa sidoo kale lagu sameyn karaa lugtaada kale.

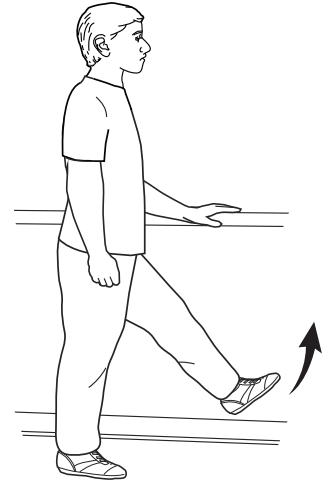


Bilow jimicsiyada 1 isbuuc ka dib qalliinka ama sida uu faray dhakhtarkaaga ama takhtarkaaga. U horaysi jimicsiyadaada sida la faray.

❑ Lugta hore

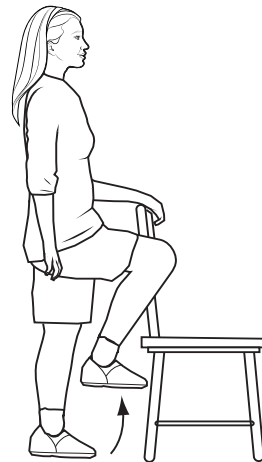
U isticmaal darbi gaaban, miis adag ama kursi si uu kaaga taageero jimicsigan. Toos u istaag oo hubi in dhaqaaqa uu ka imaanayo misigtaada.

1. Ku adkey muruqyada ku yaalla qeybta hore ee lugtaada sare ama bowdada.
2. Adigoo murqaha adkeynaya jilbahaagana toosinaya, hore u qaad lugtaada.
3. Qabo kadibna hoos u dhig lugtaada ilaa booska ugu horreynaya.
4. Naso oo ku celi.



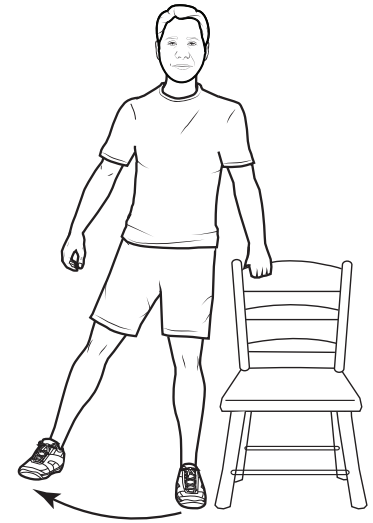
❑ Keen meel

1. Istaag iyadoo cagahaagana wax yar isu jiraan, adigoo isku taageeraya qabsashada miis amd darbi-gaaban.
2. Kor u qaad jilibkaaga adigoo kor u neefsanaya, adigoo hagal ah ku sameynaya sintaada. Ku naso jilbahaaga oo diirada saar laabida sintaada.
3. Qabo kadibna si tartiib ah hoos ugu dhig lugtaada ilaa booskii bilawga.
4. Naso oo ku celi.



❑ Lugta oo dhinac u socota (u soo jiidida sinta iyo ka jiidida)

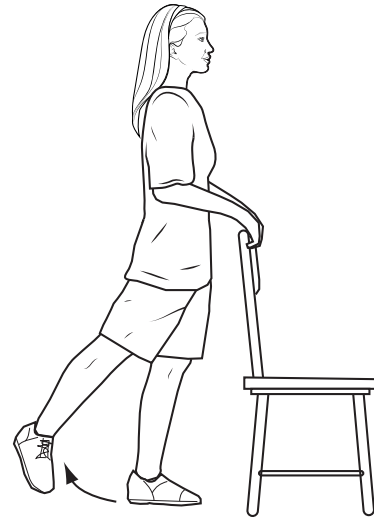
1. Istaag dhinaca kursi ama derbi gaaban.
2. Lugtaada dhinac u dhaqaaji, adigoo jilibkaaga toosinaya.
3. Qabo kadibna hoos ugu dhig lugtaada booskii bilawga.
4. Naso oo ku celi.



❑ Lugta gadaal

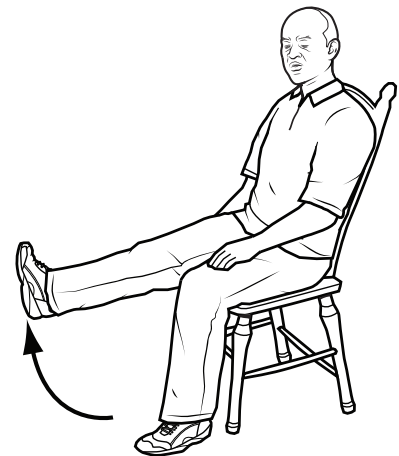
Isticmaal derbi gaaban, miis adag, ama kursi si uu kaaga taageero jimicsigan. Toos u istaag oo hubi in dhaqaaqa uu ka imaanayo misigtaada.

1. Adigoo lugtaada toosinaya, lugtaada kasoo celi sintaada, adkeynaya murqaha bariyahaada.
2. Qabo kadibna hoos u dhig lugtaada ilaa booska ugu horreynaya.
3. Naso oo ku celi.



❑ Dheereynta jilibka (fidinta hagalka dheer)

1. Kursi ku fadhiiso.
2. Cagta kor u qaad oo jilibka toosi oo qabo.
3. Si tartiib ah hoos ugu dhig cedhibtaada dhulka
4. Naso oo ku celi.



Qoraalkan waxa loogu talagalay ujeeddooyin macluumaad oo keliya. Kala hadal dhakhtarkaaga haddii aad wax su'aalo ah ka qabto daryeelkaaga.

Wixii macluumaad dheeraad ah ee caafimaadka kusaabsan, tag wexnermedical.osu.edu/patiented ama kala xidhiidh Maktabadda Macluumaadka Caafimaadka 614-293-3707 ama health-info@osu.edu.

Exercises After Hip Replacement: Posterior Approach

Your therapist will teach you some exercises that you need to do before you leave the hospital. Other exercises should be started later weeks after your surgery. Follow these guidelines, unless you were given different directions from your doctor or therapist.

Remember your precautions

It is very important that you follow these precautions while you are doing the exercises.

- No bending past 90 degrees at the hip.
- No crossing your legs at the knees or ankles.
- Do not bend your upper body at your waist forward more than 90 degrees.
- Do not plant your feet and twist at your hip.
- Do not reach for anything below your knees.
- Do not cross your legs at your knees or ankles when sitting, standing, or lying.
- Do not turn your hip inward or outward past neutral. Keep your toes pointed forward.
- Keep your knees below your hips when sitting and avoid deep chairs. Sit on a cushion to keep your hips higher.

For all exercises

- Follow the direction of your doctor or therapist for these exercises.
- You may need help with these exercises at first. Have a family member come to the hospital to work with you and your therapist to learn how to help you when you go home.
- Exercise 3 times each day. Repeat each exercise 10 to 15 times.
- Do all exercises slowly with smooth motion.
- You may have more limits for moving your hip based on your surgery.



Exercises to be started right away

☐ Ankle pumping

This exercise can be done while lying in bed or sitting in a chair.

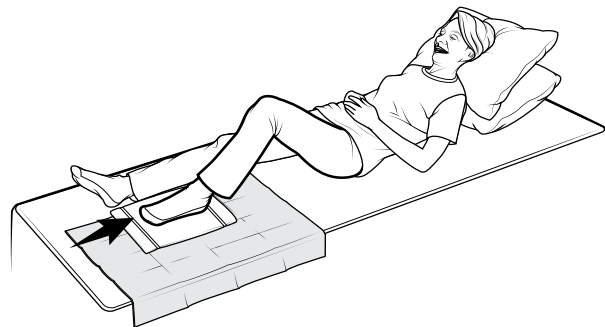
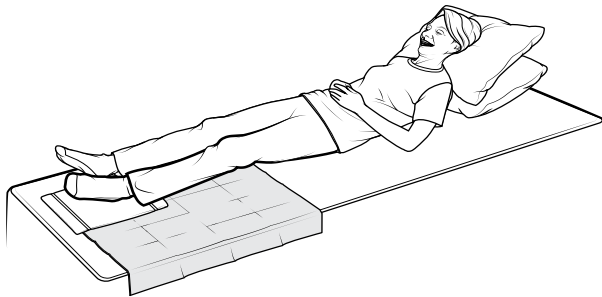
1. Move your foot up and down as if pushing down or letting up on a gas pedal in a car.
2. Do this exercise with the other foot.



☐ Knee flexion

Use a plastic trash bag or a piece of cardboard under your leg to reduce friction. A small towel under your heel may also help.

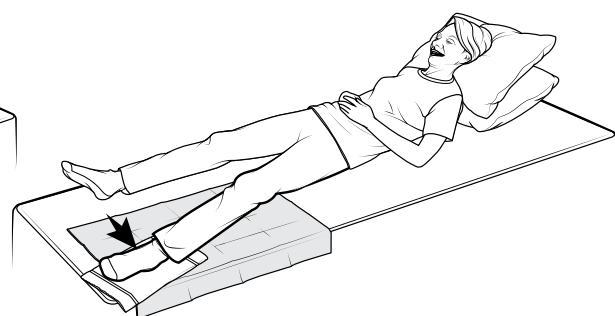
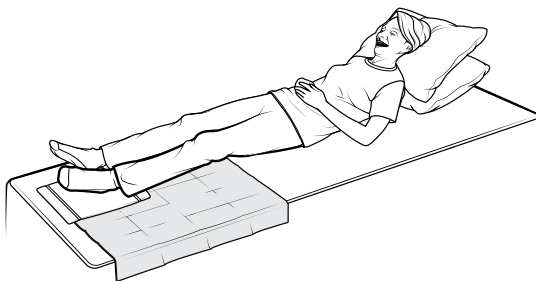
1. Lie on your back and slide your heel toward your buttocks, bending your knee up. Do not lift your heel off of the surface. Keep your knee pointed toward the ceiling, so you do not turn your leg in or out.
2. Pause and then slide your heel forward and straighten your knee.



☐ Hip abduction

Use a plastic trash bag or a piece of cardboard under your leg to reduce friction. A small towel under your heel may also help.

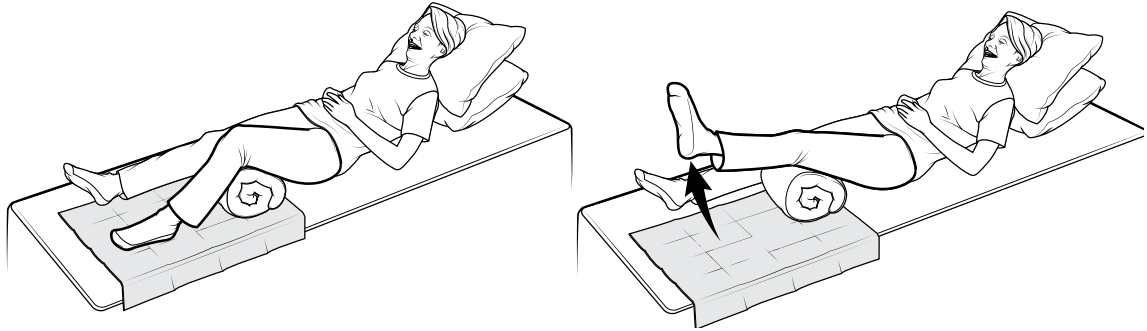
1. Lie on your back with your legs straight. Have your toes pointed to the ceiling.
2. Slide your surgery leg out to the side, like opening a pair of scissors.
3. Pause and then slide your leg back to the starting position. Do not cross the midline of your body.



❑ Short arc quads (blanket roll or coffee can exercise)

1. Place a blanket roll or 3 pound coffee can under the knee of your surgery leg.
2. Resting your thigh on the roll or can, lift your heel off of the bed and straighten your knee as much as you can. Pause and then lower your heel down to the starting position.

This exercise can also be done on your other leg.

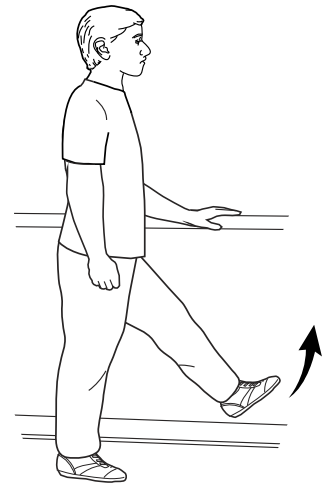


Start these exercises 1 week after surgery or as directed by your doctor or therapist. Advance your exercises only as directed.

❑ Leg forward

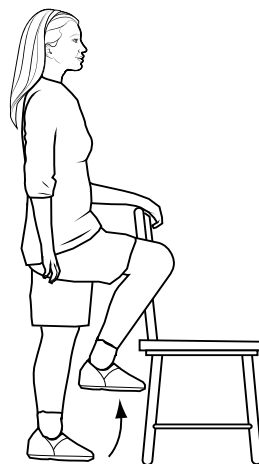
Use a counter, steady table or chair for support for this exercise. Stand up straight and be sure the motion is from your hip.

1. Tighten the muscles in the front of your upper leg or thigh.
2. Keeping the muscles tight and your knee straight, lift your leg forward.
3. Hold and then lower your leg to the starting position.
4. Relax and repeat.



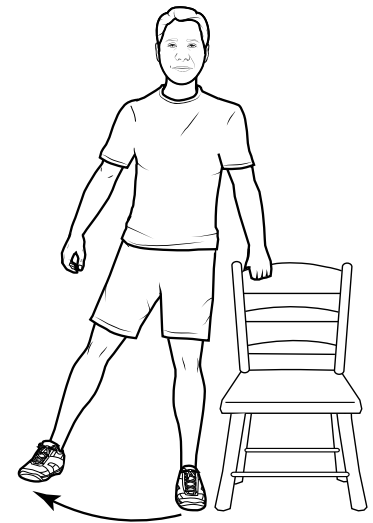
❑ March in place

1. Stand with your feet slightly apart, holding onto a chair or counter for support.
2. Lift your knee up as you breathe out, trying to form a right angle at the hip. Relax your knee and focus on bending your hip.
3. Hold and then lower your leg slowly to the starting position.
4. Relax and repeat.



❑ Leg to side (hip abduction)

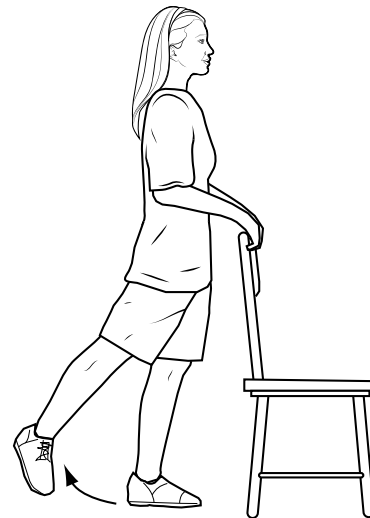
1. Stand to the side of a chair or counter.
2. Move your leg out to the side, keeping your knee straight.
3. Hold and then lower your leg back to the starting position.
4. Relax and repeat.



❑ Leg back

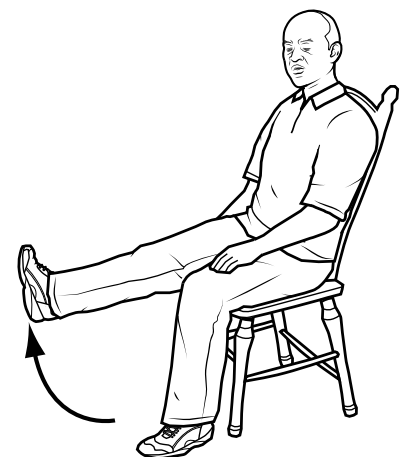
Use a counter, steady table, or chair for support for this exercise. Stand up straight and be sure the motion is from your hip.

1. Keeping your leg straight, bring your leg back from your hip, tightening your buttocks muscles.
2. Hold and then lower your leg to the starting position.
3. Relax and repeat.



❑ Knee extension (long arc quads)

1. Sit on a chair.
2. Lift your foot and straighten your knee and hold.
3. Slowly lower your heel back down to the floor.
4. Relax and repeat.



This handout is for informational purposes only. Talk to your healthcare provider if you have any questions about your care.

For more health information, go to wexnermedical.osu.edu/patiented or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.