

Jimicsiyada Ka dib markii la Bedelo Sinta: Habka Hore ama Dhinaca

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.

- Ha u leexin lugtaada ama cagtaada meel aad uga fog dhinaca jirkaaga (50 digrii), oo loo yaqaanno wareega dibadda ah.
- Ha u dheereynin sintaada cusub meel ka shisheysa meel dhexdhexaad ah (20 digrii).
- Ha ka gudbin sintaada cusub meel ka sare lugtaada kale marka aad fadhiisaneysid. Waxaad lugaha isku dul saari kartaa canqowiyadaada, keliya haka sare marin lugtaada kale.
- Calooshaada ha ku seexanin ama lugtaada kor ha u qaadin inta aad caloosha ku jiipto.

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 caawiyayo 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.

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.

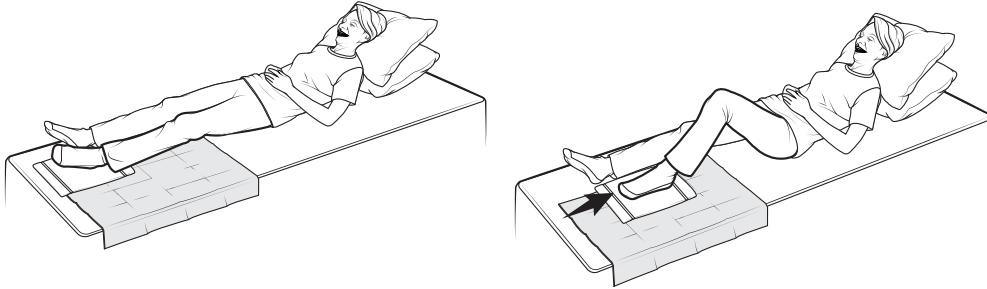


THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

❑ Fidinta 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.

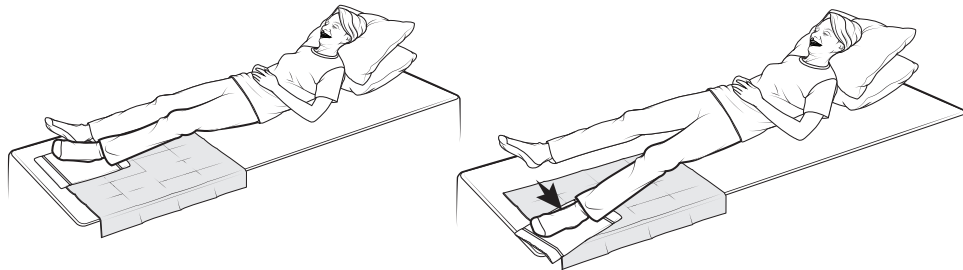
1. Dhabarkaaga ku jifso oo u ku sibixi ciribtaada dhanka bariyahaada, adigoo jilibka laabaya. Ha ka qaadin ciribtaada oogada dusheeda. Ku jeedi jilibkaaga xagga saqafka, si aadan lugtaada uso laabin ama u fidinin.
2. Joogso oo kadibna ku sibxi ciribtaada hore oo toosi jilibkaaga.



❑ 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.

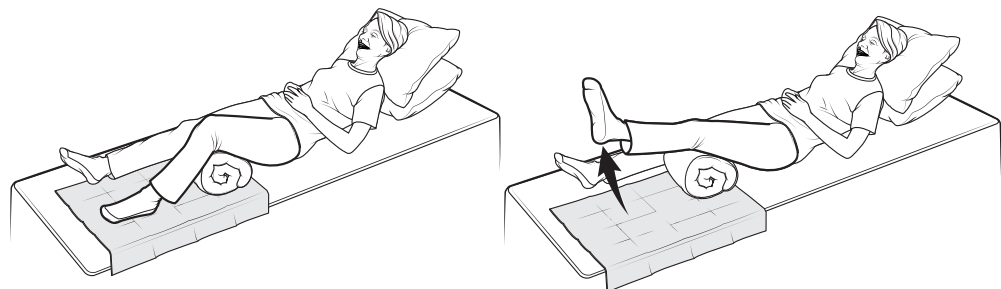
1. Dhabarkaaga ku jifso iyadoo lugahaaga toosanyihiin. Suulashaada ha u jedaan dhanka saqafka.
2. Ku sibixi lugtaada la qalay dhanka, sida adigoo maqas furmaya ookale.
3. Joogso oo kadibna ku sibxi lugtaada hore booskii bilawga. Ha ka gudubin jirkaada bartamihisu.



❑ 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.

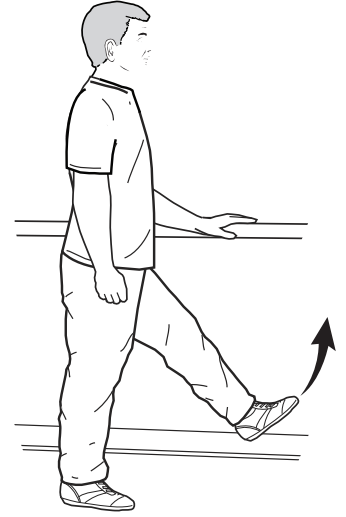


Bilow jimicsiyada 1 isbuuc ka dib qalliinka ama sida uu faray dhakhtarkaaga ama takhtarkaaga. U horaysi jimicsiyadaada sida la faray.

❑ Lugta hore

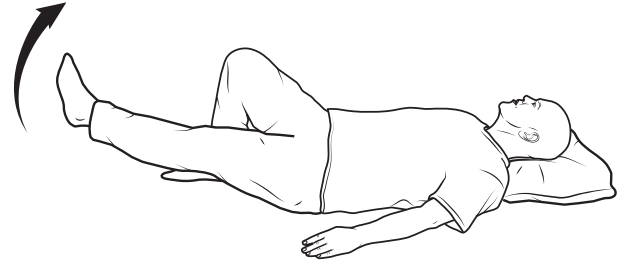
Isticmaal derbi gaaban, miis adag, ama kursi si uu kaaga taageero jimicsigan. Toos u istaag oo hubi in dhaqaaqa uu ka imaanayo misigtaada.

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.



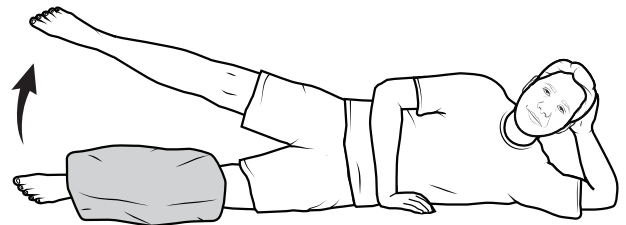
❑ Lugta toosan kor u qaad – adigoo jiifa

1. Dhabarka kaga jifso lugtaada qalliinka toosan. Lugtaada kalena waa in ay jilibka ku foorarsataa iyadoo cagta dhulka saarantahay
2. Si tartiib ah ayaa lugtaada uga sara kici sariirta abaare 12 ilaa 24 inji, iyadoo jilibka toosineysa.
3. Qabo kadibna si tartiib ah hoos ugu dhig lugtaada ilaa booskii bilawga.
4. -Naso oo ku celi.



❑ Lugta dhinac kor u qaad

1. Dhinacaada u jifso iyadoo lugtaada la qalay kor jirto. Dhig barkin lugahaada dhexdooda. Lugta hoose laab si aad u hesho taageero haddii loo baahdo.
2. Lugtaada sare toos u xaji oo kor u qaad 12 inji, adigoo jilibka wax yar hore kor ugu haya.
3. Qabo kadibna lugta hoos ugu dhig booskii bilawga.
4. -Naso oo ku celi.



Haddii booska dhinaca loo jiifo uu aad u adag yahay, waxaad sameyn kartaa jimicsigaan adigoo taagan. Barkin looma baahna.

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: Anterior and Lateral Approach

Your therapist will teach you some exercises that you need to do before you leave the hospital. Other exercises should be started 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.

- Do not turn your leg or foot too far out to the side of your body (50 degrees), called external rotation.
- Do not extend your new hip beyond a neutral position (20 degrees).
- Do not cross your new hip leg high over your other leg when sitting. You can cross your legs at the ankles, just not high over the other leg.
- Do not sleep on your stomach or lift your leg up while lying on your stomach.

For all exercises

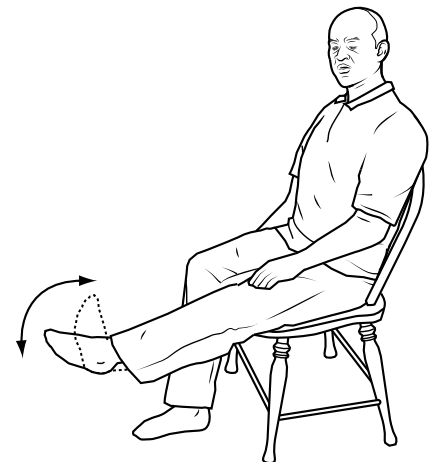
- Follow the direction of your doctor or therapist for these exercises.
- You may need help with these exercises at first. Have a family member come to the hospital to work with you and your therapist to learn how to help you when you go home.
- Exercise 3 times each day. Repeat each exercise 10 to 15 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.

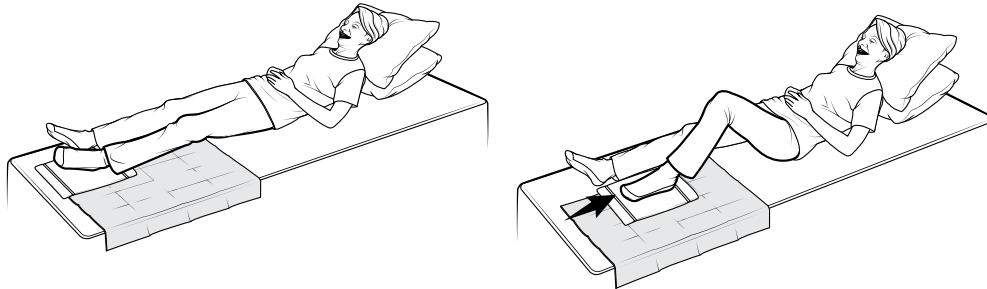
1. Move your foot up and down as if pushing down or letting up on a gas pedal in a car.
2. Do this exercise with the other foot.



❑ Hip 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.

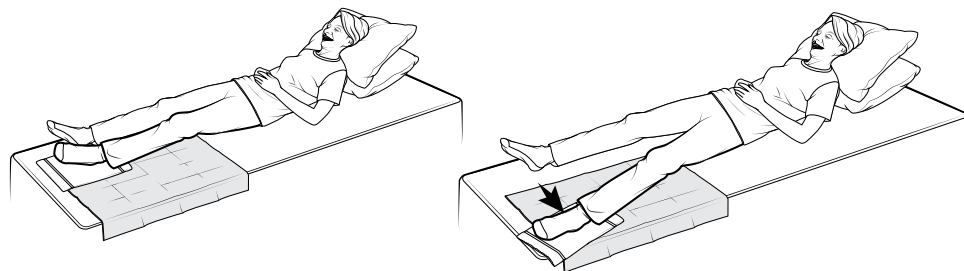
1. Lie on your back and slide your heel toward your buttocks, bending your knee up. Do not lift your heel off of the surface. Keep your knee pointed toward the ceiling, so you do not turn your leg in or out.
2. Pause and then slide your heel forward and straighten your knee.



❑ 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.

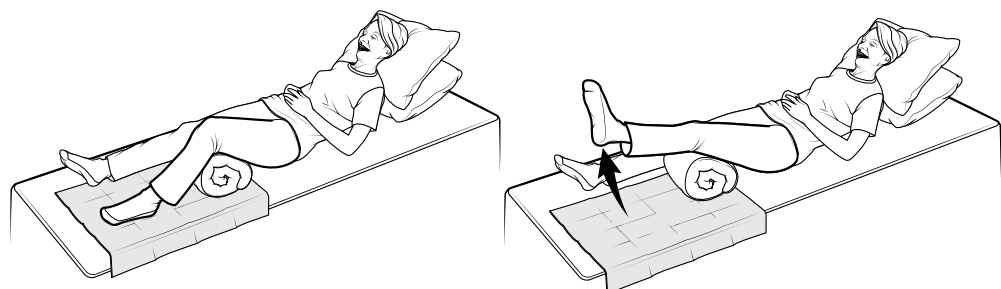
1. Lie on your back with your legs straight. Have your toes pointed to the ceiling.
2. Slide your surgery leg out to the side, like opening a pair of scissors.
3. Pause and then slide your leg back to the starting position. Do not cross the midline of your body.



❑ 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.

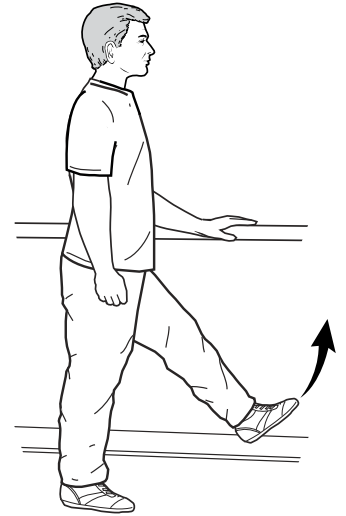


Start these exercises 1 week after surgery or as directed by your doctor or therapist. Advance your exercises only as directed.

❑ Leg forward

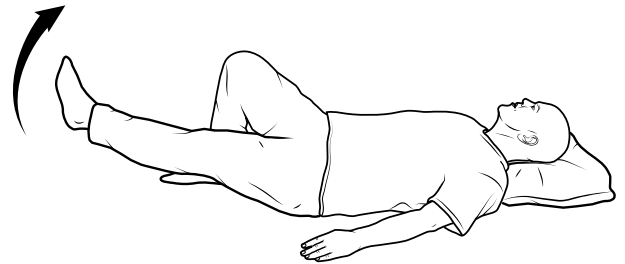
Use a counter, steady table, or chair for support for this exercise. Stand up straight and be sure the motion is from your hip.

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.



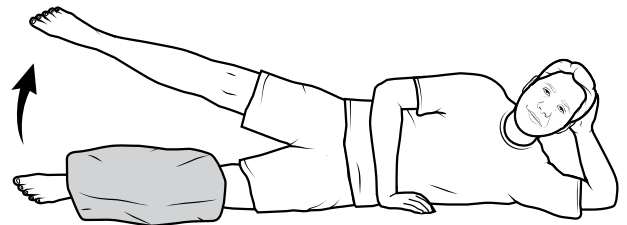
❑ Straight leg raise - lying

1. Lie on your back with your surgery leg straight. Your other leg should be bent at the knee with the foot flat on the floor.
2. Slowly raise your leg off of the bed about 12 to 24 inches, keeping the knee straight.
3. Hold and then lower your leg slowly to the starting position.
4. Relax and repeat.



❑ Side leg lift

1. Lie on your side with your surgery leg on top. Place a pillow between your legs. Bend your lower leg for support if needed.
2. Keep your top leg straight and lift it about 12 inches, keeping the knee very slightly forward.
3. Hold and then lower the leg to the starting position.
4. Relax and repeat.



If the side lying position is too hard, you can do this exercise while standing. No pillow is needed.

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.