



## ORTHOPEDIC ASSOCIATES of HARTFORD

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### Postoperative Instructions Following Hip Arthroscopy for Trochanteric Bursitis

General comments: Patients will be given crutches in the surgical center, to be used for 2-6 weeks to reduce weight-bearing on the hip. The progression to weight bearing as tolerated will be determined by what is done during the surgery. Additionally, some patients receive a brace that reduces the angle of motion of the hip. Physical therapy will be prescribed and is extremely important to a successful recovery from the procedure.

It is paramount that you use your crutches for whatever period of time you are advised. Keeping partial weight off the hip is a major contributor to a rapid healing of the hip tissues.

The following are some instructions for the initial post operative period:

- 1. BANDAGES:** Your bandage may be removed 2 days following surgery. Band aids can be used to protect the incisions.
- 2. MEDICATIONS:** A prescription will be provided to help relieve pain. Please use this medication as directed. This medication is strong, and should not be taken with alcohol or other pain medications, and may cause drowsiness. Exercise good judgment in its use. You may also try over the counter pain medications such as Aleve (naprosyn) or Advil (Ibuprofen). Take as directed unless there are contraindications. **Take 1 Aspirin (325 mg) daily in addition to the pain medication for one month.**
- 3. SHOWER:** You may shower after 48 hours. Do not take a bath or submerge the knee under water for 7 days. If any drainage is present, do not get the hip wet and please call the office.
- 4. STITCHES:** There are stitches in the skin. After 7-10 days we will remove the sutures in the office. If any problem is noted with the incision, please call the office (860) 549-8249.
- 5. WORK ACTIVITY:** Most people are able to return to either sedentary or restricted work activity within 1-2 weeks of their operative procedure. Generally, full normal stressful activities and sports are resumed after 3-4 months depending on the extent of your surgical procedure.
- 6. COMFORT:** Pain and swelling after arthroscopy is to be expected. This should subside after 2-4 days. If the following develop and persist after 24 hours, please call the office:
  - a. Fever over 101.5 degrees.
  - b. Swelling below the knee, in the calf, ankle or foot which does not respond to elevation.
  - c. Increasing pain in the knee or calf.
  - d. Discharge or drainage from the wound which continues greater than 24 hours.
- 9. FOLLOW-UP:** Please call the office the day after your operation and make an appointment for 7-10 days after your procedure. You will be checked, your procedure discussed and your rehabilitation will be planned.

## Hip Arthroscopy Post Operative Instructions

You've had arthroscopic hip surgery today. Your hip joint and labrum were evaluated thoroughly.

### I found in your hip:

Abductor Tendon Tear/Fraying       Inflamed Bursa       Tight Iliotibial Band

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### I was able to:

Ellipse Iliotibial Band       Remove Bursitis       Debride Abductor Tendon

Repair Abductor Tendon

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### Until I see you, you should:

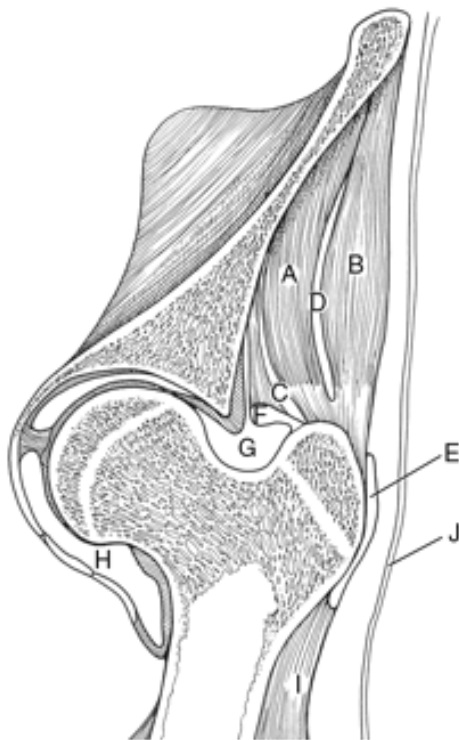
Non weight bearing     Partial weight bearing <50%     Weight bearing as tolerated

Stationary bike       Post op day

Start physical therapy (a referral has been given)

You should change your dressing in 2 days. Cover the portals with band aids. We will remove all stitches at your visit. You may shower at 48 hours but do not soak the incisions.

Pain is expected for several weeks. Use your medication for severe pain. Take Aleve or Advil as directed (if not allergic, or no ulcer history). Call if fever greater than 101.5°, or if infection is noted. Call 549-8249 for office visit **7-10** days after surgery. If you want to return to work before your next visit, call the office.



A. & B. Gluteus Minimus & Medius

E. Trochanteric Bursa

J. Iliotibial Band (ITB)

Here are several exercises that are recommended for in-home rehabilitation. These are just suggestions, your Doctor or Physical Therapist may have different suggestions based on the complexity of the procedure(s) performed on your hip.

- **Stationary or Recumbent Bike**

- Raise seat one notch higher than normal so you are barely making revolutions
  - May ride the day of surgery , slowly
  - Start off with minimal resistance and exercise for 10 to 15 minutes
  - Second day: ride the bike twice, once in AM and once PM each 10 to 15 min
  - Gradually build up time and resistance
  - If you have increased soreness, decrease time and/or resistance

- **Pool**

- May begin post-op day 2 (if surgery was on Monday get in pool Wednesday)
  - Cover wounds (a surgical dressing is prescribed to protect the wounds in water)
  - Walk in chest deep water for 5 minutes, bringing leg up to 80 degrees with each step
  - Flutter kicks: 10 to 15 minutes
  - Bicycle in corner of pool 10 to 15 minutes

- **Isometrics**

- All 4 planes
  - Make a good muscle contraction against resistance but do not actually move leg
  - Do 3 sets of 10 in all planes, while holding for 5 seconds

- **Assisted Resistance**

- Someone can apply resistance to you in each direction:
    1. Try to move towards the midline of your body
    2. Push down against the bed
    3. Push away from the midline of your body.
    4. Lift up, like a straight leg raise (this may be sore, if so you may skip)
    5. Avoid squats or leg presses

- **Ankle Pumps**

- Point toe towards face and then away
  - Perform 30 every hour for the first few days

- **Weight Bearing Status:**

- Non Wt Bearing = 0% of your weight is applied while walking.
  - Partial Wt Bearing = 10% of your weight is applied while walking
  - Progress to Full Wt Bearing = Partial Wt Bear while slowly increasing weight