

HIP / Physiotherapi after Ganz surgery GB

During hospitalization

You will be seen daily by one of the department physiotherapists during hospitalization.

The physiotherapist will advise and guide you in the export of enclosed exercise program and how to carry out the activities of daily living after discharge, such as walking, climbing stairs, personal hygiene, dress, work, etc.

You will see the physiotherapist on the first day after surgery.

It may be necessary to use tools for personal hygiene. The physiotherapist will instruct you in the use of them.

After surgery

You may max. load 30 kg on the operated leg, this applies in 6-8 weeks and reported by the operator.

Therefore, you must use 2 crutches. There is no restriktions in movingment over the hipjoint.

After discharge, you can:

- Perform exercise program 1-2 times daily
- Cycling on exercise bike after 1-2 weeks
- Be passenger in car
- Lie on the operated side, and be on the healthy side with a pillow between your legs.
- Lie on your stomach daily
- Go for a short walk according to ability (after 1-2 weeks)

After 4 weeks

- Facilitate training in water

After 6-8 weeks

- Drive a car
- Stop using crutches (one at the time)

Slow start in usual activities

We advice you to take it easy the first few weeks after surgery.

You can use ice pack on the operated area to relieve pain / swelling for 15-20 min. The Ice pack may not have direct contact with the skin.

Rehabilitation after discharge

We recommend that you perform the given exercises 2 times a day for the first 6-8 weeks at home.

You have to get an X-ray taken after 6 weeks and send it to doctor Kjeld Søballe. Once the doctor has given accept to the increased weight load, you can start walking with more load on your leg, but with out pain. It takes approx. 2-3 weeks before you can walk without crutches.

You have to contact a local physiotherapist according to start training after 6 weeks. The training has to contain correction of your walking skills, cardiovascular training and strength of hip muscles

If you have any questions or need for additional information after discharge, do not hesitate to contact the physiotherapists: ank@molholm.dk