

After surgery on a broken hip: screws, plate or nail

After surgery on a broken bone



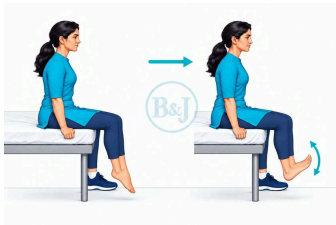
Count the weeks from the day of your operation. The date is on your discharge card.

If your doctor wrote a different plan on your prescription, follow that instead of this page.

Weeks 0–2

Get out of bed and walk from the day after the operation, with help. Short walks, often. Keep the ankles moving to protect against clots, and take every dose of the blood-thinning medicine we prescribe.

Weight bearing Full, as comfortable, with a walker, unless we have told you otherwise.



Ankle pumps

Pump the feet up and down to keep the blood moving.

20 times

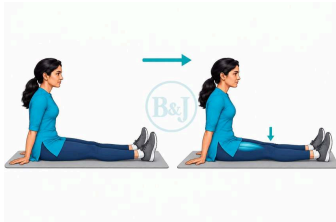
Every hour while awake

✓ **Should feel**

The calf working

✗ **Should not feel**

Calf pain or swelling — tell us



Quad sets

Sit with the leg straight. Press the back of the knee down and tighten the thigh.

Hold 5 seconds

10 times

3 times a day

✓ **Should feel**

The thigh muscle tightening

✗ **Should not feel**

Knee pain



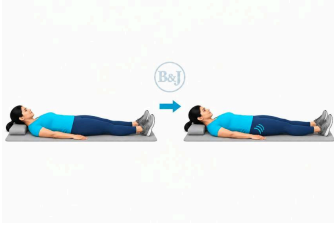
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Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm

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Monday to Saturday · Sunday by prior appointment only



Buttock squeeze

Lie on your back with the legs straight. Squeeze the buttocks together, hold, then relax.

Hold 5 seconds

10 times

3 times a day

✓ **Should feel**

The buttocks tightening

✗ **Should not feel**

Back pain



Lying hip slide out

Lie on your back, legs straight, toes pointing up. Slide the leg out to the side and back, keeping the knee straight.

10 times

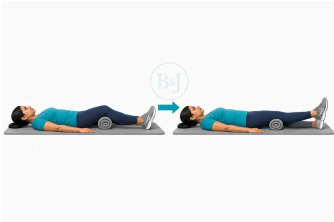
3 times a day

✓ **Should feel**

The side of the hip working

✗ **Should not feel**

The toes rolling outwards



Short-arc quads

Lie with a rolled towel under the knee. Lift the heel until the knee is straight, hold, then lower slowly. Take the towel away afterwards.

10 times

3 times a day

✓ **Should feel**

The front of the thigh working

✗ **Should not feel**

Sharp pain at the wound



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Heel slides

Lie down and slide the heel up towards the buttock, bending the knee as far as you can.

10 times

3 times a day

✓ Should feel

A stretch as the knee bends

✗ Should not feel

Sharp pain at the wound

Not yet Squatting, sitting on the floor or using an Indian toilet — until we have told you it is safe.

Move to the next stage only after we have seen you, and the X-ray if one was planned.



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Weeks 2–6

Stitches out. Walk a little further each day and stand up straight. Carry on with the earlier exercises.

Weight bearing Full. Move from the walker to a stick when you feel steady.



Standing hip abduction

Hold a chair. Lift the leg out to the side, keeping the body upright.

10 times

Daily each side

✓ Should feel

The side of the hip working

✗ Should not feel

Leaning over



Standing hip extension

Hold a chair. Take the leg backwards, keeping it straight.

10 times

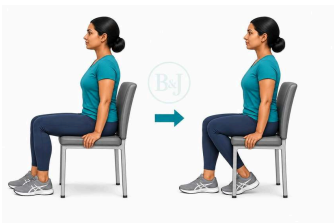
Daily each side

✓ Should feel

The buttock working

✗ Should not feel

Arching the back



Sitting knee bend

Sit on a firm chair. Slide the foot back under the chair to bend the knee, hold, then bring it forward.

10 times

3 times a day

✓ Should feel

A stretch as the knee bends

✗ Should not feel

Sharp pain



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Sitting heel and toe raises

Sit with both feet flat on the floor. Lift the heels, lower them, then lift the toes.

10 times

3 times a day

✓ **Should feel**

The calf and the front of the shin working

✗ **Should not feel**

Sharp pain

Not yet Squatting, sitting on the floor or using an Indian toilet — until we have told you it is safe. Driving.

Move to the next stage only after we have seen you, and the X-ray if one was planned.



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Weeks 6–12

Walk without a limp and improve your balance, to prevent another fall. Carry on with the earlier exercises.

Weight bearing Full. Use the stick outdoors until you are steady without it.



Mini squat

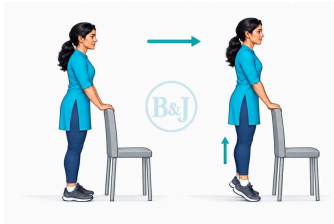
Hold a support. Bend the knees a little way, then straighten.

10 times

Daily

✓ **Should feel**
The thighs working

✗ **Should not feel**
Deep groin pain



Calf raises

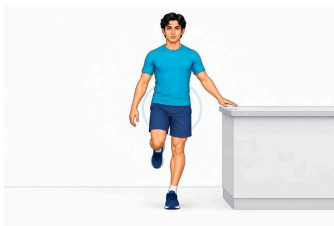
Rise onto both toes and lower under control.

15 times

Daily

✓ **Should feel**
The calf working

✗ **Should not feel**
Sharp pain



Single-leg balance

Stand on one leg beside a worktop. Balance prevents falls, and preventing falls prevents fractures.

30 seconds

3 times a day

✓ **Should feel**
Working to stay steady

✗ **Should not feel**
Losing balance — hold on



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Step-up

Hold a rail. Step up onto a low step with the operated leg, then step down with the other leg.

10 times

Daily

✓ Should feel

The thigh working

✗ Should not feel

The knee falling inwards

Not yet Heavy lifting. Squatting, sitting on the floor or using an Indian toilet — until we have told you it is safe.

Move to the next stage only after we have seen you, and the X-ray if one was planned.



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Week 12 onwards

Back to your usual activities, as the X-ray shows. Keep doing the balance and strength exercises for good: they help prevent another fall.

Weight bearing Full.



Heel-to-toe walking

Walk heel to toe along a line, beside a support.

10 steps

Daily

✓ **Should feel**
Steadier walking

✗ **Should not feel**
Wobbling — use the wall



Static cycling

Set the seat high, so the knee is almost straight at the bottom. Pedal gently with little resistance.

10 minutes

Daily

✓ **Should feel**
The knee moving freely

✗ **Should not feel**
Pain in the knee or hip

Not yet Squatting, sitting on the floor or using an Indian toilet — until we have told you it is safe.

Protecting your bones after this fracture

- A hip that breaks after a simple fall usually means the bones have become thin (osteoporosis). Ask us about a bone check and treatment.
- Take the calcium, vitamin D and any bone medicine exactly as we prescribe.
- Make the home safe: good light at night, no loose mats or wires, a grab rail by the toilet, and a stool to sit on while bathing.
- Wear well-fitting footwear with a good grip, indoors as well.
- Tell us if you feel dizzy or unsteady, or take sleeping tablets: these make falls more likely.



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Stop and telephone us if

- Sudden breathlessness or chest pain — go to the nearest hospital
- Hip pain that keeps getting worse, or you suddenly cannot stand on the leg
- The leg looks shorter or turned outwards
- The calf becomes swollen, tight or painful
- Wound redness, discharge or fever
- A fall
- New confusion or drowsiness, or not passing urine



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