

## When can I start?

Driving	Discuss with consultant
Work	Discuss with consultant, depends on job.
Swimming	Crawl 6 weeks. Breast stroke 12 weeks.
Cross legs and bend hip over 90 degrees	6 weeks post op, unless your surgeon is Mr Garneti in which case speak to your physio

If you have any questions regarding any of the advice included in this leaflet please do not hesitate to contact the physiotherapy department on **0114 263 2112**

For advice on how long to wear your stockings please contact the nursing staff on **0114 263 2176**



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# Hip Replacement Class

## Physiotherapy Advice



Welcome to exceptional healthcare



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### What is the hip class?

The group class consists of exercise stations for you to work through, which will address functional tasks and strengthening exercises.

All new exercises will be demonstrated at the beginning of the class and there will be a physiotherapist there throughout to give further guidance.

In order to make progress with your knee **you must regularly perform all the exercises you have been given as homework** before the first class (at least three times a day).

Your exercises will be updated as you progress through the classes.

### What do I wear? Do I need to bring anything with me?

Wear comfortable clothing and sensible shoes, you only need to bring the aids you are using.

Please leave any unwanted aids in the gym.

There will be water available in the class, but feel free to bring your own bottle. Adequate hydration is important with any exercise.

### Where is the hip class and who will be in it?

The classes are held in the physiotherapy gym in the Claremont Private Hospital. You should report to main reception on the ground floor and await instruction from the receptionist on how to get to the gym.

There will be a physiotherapist and other hip replacement patients present in the class, unfortunately due to confidentiality reasons visitors will not be allowed in the class.

### Should I be aware of any further complications that can occur?

If you have any calf pain which is worse when walking, raised temperature, breathlessness, severe worsening of knee pain, **contact your GP/consultant** as this may be sign of a deep vein thrombosis.

### How long is the knee class and how many do I need to attend?

The class lasts for 1 hour. There are 2 classes, with 2 weeks between each class.

By the end of the second class it should hopefully be the last session that you need as by then we aim to have you walking without your crutches, confident and functional.

***Not performing your exercises regularly increases the likelihood of you walking with a limp when you finish using the crutches.***

