

Patient information

Hip fracture

This leaflet outlines the key goals which we aim to achieve from a therapy perspective with you each day. These goals are to help you heal well and recover quickly and safely. We aim to:

1. Get you back on your feet as soon as possible after surgery
2. Make your recovery easier
3. Reduce the risk of post-surgery complications such as chest infection, pressure sores and blood clots.

The physiotherapists and occupational therapists will work with you towards achieving a safe level of mobility for discharge. The physiotherapist will inform you how much weight you can bear on the operated leg. It is important that you take regular pain relief to enable you to participate in physiotherapy and mobilise regularly. Do speak to your nursing staff if you require pain relief between the regular drugs rounds.

To achieve these aims:

- Your pain needs to be well controlled
- Any nausea and vomiting needs to be managed
- You need to drink plenty and eat well
- Aim to get dressed in day clothes rather than nightwear as soon as possible

Day 1 post-op	<ul style="list-style-type: none"> • Physio assessment • OT assessment • Aim to sit out of the bed with assistance • Complete bed / chair exercises with assistance
Day 2	<ul style="list-style-type: none"> • Aim to sit out for meals with assistance • Review of transfers with appropriate walking aid • Continue with bed / chair exercises
Day 3 onwards	<ul style="list-style-type: none"> • Progression of mobility and walking aids as appropriate • Discussion regarding discharge options • Home, home with care, community assessment bed, placement

It is important to begin an exercise programme as soon as possible to regain movement, prevent muscle wasting and improve mobility. The exercises should be completed several times a day. To start with you may feel stiff, sore and weak. This is normal and will improve with regular exercises and walking.

This section contains the main bed and chair exercises we will practice with you. Try and complete each exercise 10 times, at least three times a day.

Bed exercises

Ankle pumps



Lie or sit on the sofa or bed with your legs straight.

Briskly bend and straighten your ankles.

Repeat 10 times

Static quads



Lie or sit on the sofa or bed with one leg straight.

Tighten your front thigh muscles and try to press the back of your knee against the mattress.

Hold the tension for 5 seconds and relax.

Repeat 10 times

Bottom squeezes

Lying on your back, squeeze your buttocks firmly together.



Relax

Repeat 10 times

Active straight leg raises



Lie on your bed with one knee bent - you can have both legs straight if easier. Your back should be in a straight position.

Tighten your front thigh muscles and lift the straight leg.

Lower the leg to the starting position in a controlled manner.



Note: Keep your pelvis level and back straight.

Chair exercises



Heel raisers and toe taps

In a sitting position, bend and straighten your ankles, tapping your toes on the ground and then lifting your heels off the floor.

Repeat 10 times

Bottom squeezes

In sitting position, squeeze your buttocks firmly together.

Relax

Repeat 10 times

Knee extensions



Sit up straight on a sturdy chair, so that your feet are supported on the floor.

Bend your ankle and straighten your knee using your front thigh muscles. In a controlled manner, return to the starting position.

Repeat times 10 times

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email info.gov@wsh.nsh.uk. This will in no way affect the care or treatment you receive.

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<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>

