



Total Hip Replacement: Post-Surgery Recovery Guide

全髖關節置換：術後復康指南

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Total Hip Replacement Surgery

全髖關節置換術

Total Hip Replacement (THR) is a surgical procedure that replaces a damaged hip joint with a prosthetic implant. This surgery is commonly performed for severe arthritis or joint damage to relieve pain, restore function and enhance the quality of life.

全髖關節置換手術是人工關節替換病變或受損的髖關節。

此手術主要適用於用於治療嚴重退化性關節炎，能有效減輕疼痛、改善活動能力並提升生活品質。

Pre-Operation Physiotherapy

術前物理治療

Pre-operation exercises help strengthen muscles, increase joint flexibility, and establish a solid foundation for post-operative rehabilitation. The following exercises should be performed under the guidance of a healthcare professional, with intensity adjusted to the individual's tolerance level.

術前適量的運動有助強化肌肉、增加關節靈活度，並為術後復康奠定良好基礎。患者可在醫護人員的指導下，根據自身能力進行以下訓練。

Main Pre-Operative Training Exercises

主要術前訓練項目

- Quadriceps and Gluteal Muscles:** Strengthen the muscle around the hip joint can aid postoperative mobility and accelerate recovery. Enhancing the muscle strength around the hip joint helps improve postoperative mobility and promotes faster recovery
強化股四頭肌與股巨肌：強化髖關節附近周圍的肌肉力量，可以幫助術後活動及加快康復，有助於提高手術後的活動能力並促進康復
- Gentle Range of Motion Exercises:** Maintaining joint flexibility
溫和的關節活動度訓練：維持關節靈活性

Post-Operation Physiotherapy

術後物理治療

Patients can learn breathing exercises and ankle movements before surgery, so they can start immediately after waking up from the procedure to reduce the risk of complications.

病人在手術前可先學習呼吸練習和腳踝運動，在手術清醒後就能立即開始進行，以減低出現併發症的機會。

Breathing and Coughing Exercise

呼吸與咳嗽訓練

Aims To improve chest expansion, lower the chance of sputum retention or infection after surgery

目的 促進肺部擴張，減低肺部積痰或感染的機會

Method Perform 5-10 times deep breathing exercises every hour: inhale through the nose, exhale through the mouth. If there is phlegm, cough it out forcefully

方法 每小時進行5-10次深呼吸運動，鼻吸口呼，如有痰時用力咳出



Ankle Toes Exercise

腳踝運動

Aims Promotes blood circulation in the lower limbs, reducing the risk of lower limb swelling and deep vein thrombosis

目的 促進下肢血液循環，減低下肢腫脹及深層靜脈栓塞的機會

Method Move the ankle and toes up and down for 20 times hourly

方法 上下活動腳踝及腳趾，每小時20次



Physiotherapist will assess the condition of patient after the operation and prescribe the following exercises regarding to individual conditions.
物理治療師將於術後評估患者狀況，並根據個人情況指導以下運動。

Below are exercises that can be started on **the first day after the operation**:
以下運動可於**手術後第一天**開始進行：

Heel Slide Exercise

足跟滑動運動

Aims To restore the range of hip flexion

目的 恢復髖關節屈曲活動度

Method Slide the heel toward the buttocks and then extend it, performing 3 sets per day with 10-20 repetitions per set

方法 將足跟向臀部方向滑動至有輕微拉扯感覺，然後伸直，每日進行3組，每組10至20次



Glute Tightening Exercise

臀部收緊訓練

Aims To strengthen the gluteal muscles

目的 強化臀部肌群

Method Lie on your back with both legs straight. Clench your buttocks together. Hold for 3 seconds, then relax

方法 仰面躺著，雙腿伸直。將臀部用力夾緊，維持約3秒鐘後放鬆



Hip Abduction Exercise

髖外展運動

Aims To strengthen the hip abductor muscles and restore hip joint mobility

Method Lie on back with legs straight and move operated leg out to the side, ensuring the operated leg does not cross the midline when return. Perform 3 sets daily, with 10 repetitions per set

目的 強化髖外展肌群，恢復髖關節活動度

方法 仰臥，腳伸直，並將足跟向外滑開，注意患肢內收時不可過中線。每日3組，每組10次



Static Quadriceps Exercise

股四頭肌靜態訓練

Aims To strengthen the quadriceps and restore the full range of knee extension

目的 強化股四頭肌以及幫助膝關節完全伸直

Method With the knee extended, tighten your thigh muscles, pressing your knees down while pointing your toes upwards. Hold for 5 seconds, then relax. Perform 3 sets daily, with 10 to 20 repetitions in each set

方法 伸直膝蓋並收緊大腿肌肉，將膝關節向下壓，同時腳尖向上勾起，維持5秒後放鬆，每日進行3組，每組10至20次



Quadriceps Strengthening Exercise

股四頭肌強化訓練

Aims To strengthen the quadriceps muscle group

目的 強化股四頭肌群力量

Method Place a towel roll under the knee, extend the knee, point the toes upward, hold for 5 seconds, then relax. Perform 3 sets per day, with 10-20 repetitions per set

方法 在膝下放置毛巾捲，伸直膝關節並勾起腳尖，維持姿勢5秒後放鬆，每日進行3組，每組10至20次



Bridging Exercise

橋式運動

Aims To strengthen the back and gluteal muscle groups

目的 強化背部與臀肌群力量

Method Lie flat with both knees bent and feet flat on the surface. Tighten the abdominal muscles, slowly lift the hips until the shoulders, hips, and knees form a straight line, hold for 5 seconds, then slowly lower and relax. Perform 3 sets per day, with 10 repetitions per set

方法 平躺並彎曲雙膝（腳掌平貼床面），收緊腹部，緩慢抬高臀部，使肩部、髖部與膝蓋呈一直線，維持5秒後緩慢放下。每日進行3組，每組10次



Seated Knee Extension Exercise

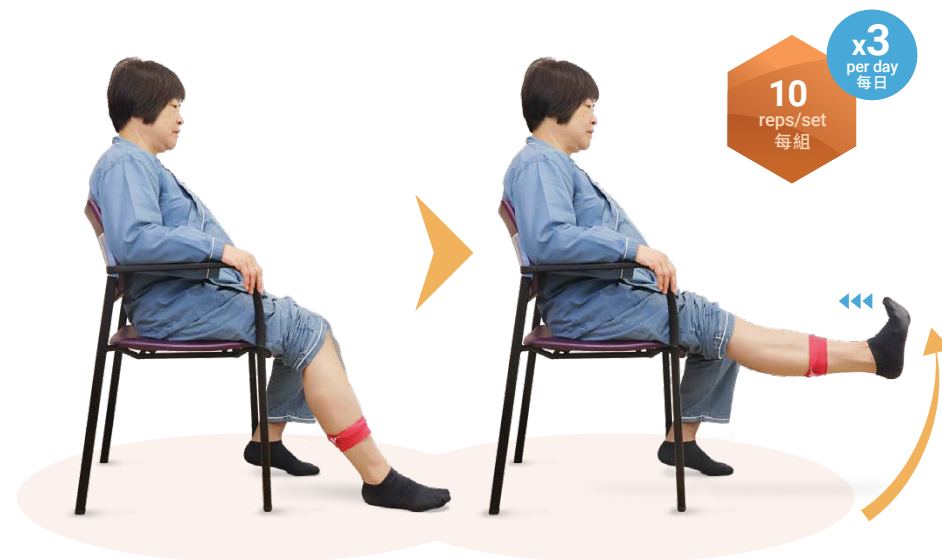
股四頭肌肌力訓練

Aims To strengthen the quadriceps muscle group

目的 強化股四頭肌力量

Method While seated, straighten the affected knee and point the toes upward. Hold for 5 seconds, then relax. Can be performed under the guidance of a physiotherapist with a sandbag tied around the ankle for added resistance. Perform 3 sets per day, with 10 repetitions per set

方法 坐在椅子上，腳尖向上勾起，緩慢伸直患側腿，維持姿勢5秒後放鬆。可在物理治療師指導下於腳踝繫上沙包負重。每日進行3組，每組10次



Below are exercises that can be started on **the second day after the operation:**
以下運動可於手術後第二天開始進行：

Hemi-Squat Exercise

半蹲訓練

Aims To strengthen lower limb muscle strength and joint stability

Method To perform this exercise, hold on to a chair for support. Squat down to a comfortable angle while keeping your back straight, keep your knee in line with the toes. Aim for 3 sets per day, with 10 repetitions in each set

目的 強化下肢肌力與關節穩定度

方法 雙手扶住椅背以保持平衡，緩慢下蹲至舒適的角度，保持背部挺直，膝蓋對齊腳尖方向。然後緩慢起身回到起始位置。每日進行3組，每組10次



Leg Swing Exercise

腿部擺動訓練

Aims To strengthen thigh muscle strength and improve dynamic balance

Method Stand on one leg, using a wall or fixed object for support to maintain balance.

Swing the affected leg in three directions:

- Complete 20 repetitions in each direction
- Forward/Backward
 - Side to side

目的 增強大腿肌力及改善動態平衡

方法 單腳站立，手扶牆壁或固定物以保持平衡

患側腿部向三個方向擺動：

- 每個方向20次
- 向前/向後擺動
 - 向側邊擺動



Below are exercises that can be started on **the third day after the operation:**
以下運動可於手術後第三天開始進行：

Straight Leg Raise

直腿抬高運動

Aims To strengthen the hip flexor and quadriceps muscle groups

Method Lie flat and bend the unaffected knee to stabilize the pelvis. Lift the affected leg with the knee straight to about 30 cm off the surface, hold for 3 seconds, then slowly lower and relax. Perform 3 sets per day, with 10 repetitions per set

目的 強化髖屈肌與股四頭肌群力量

方法 平躺後彎曲健側膝蓋以穩定骨盆，患側腿保持伸直並緩慢抬高（約離床30公分），維持膝蓋伸直狀態3秒，然後緩慢放下，每日進行3組，每組10次



Post-Surgery Daily Living Precautions

手術後日常生活注意事項

Avoid the Following Movements After Operation

患者在手術後請避免以下動作



Hip flexion more than 90 degrees
髖關節屈曲超90度



Crossing legs
交叉雙腳



Twist or Turn the operated leg inward
內旋患肢

Sleeping Posture 睡姿

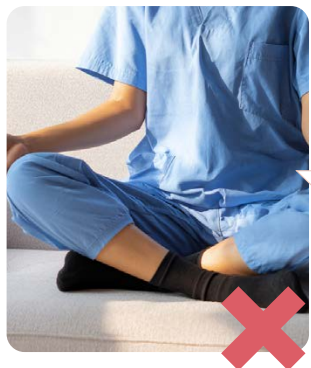
When lying on the side, place a pillow between your legs
側臥時，請在兩腿之間放置枕頭



When lying on the back, avoid crossing your legs
平躺時，避免交叉雙腳



Sitting Posture 坐姿



Do not sit legs crossed
切勿盤腿而坐



Avoid sitting on overly soft sofas
or low chairs to prevent hip
flexion beyond 90 degrees
避免坐在過軟的梳化或過低的椅子上，
以免髖關節屈曲超過 90 度



Avoid leaning body excessively forward
避免身體過份前傾

Wearing Socks 穿襪子



When putting on socks or pants,
avoid excessive hip flexion or crossing the legs
穿襪及褲子時，避免過度勿過份屈曲髖關節或盤腿

When putting on socks, bend your knee backward slightly
before pulling the sock up to minimize hip bending
穿襪時可先向後彎曲膝關節，再將襪子慢慢拉上

Getting Out of Bed 下床

1

When getting out of bed,
use your hands to push your upper body up
and lean slightly backward.
下床時可用手向後撐起上身，
並保持上半身微微後傾



2

Keep lean slightly backward.
Lower the affected leg first
保持上半身微微後傾，
先將患側腿緩慢放下床緣

3

Followed by the unaffected leg
然後再移動健側腿



Functional Training – Walking Training

功能訓練 – 步行訓練

The physiotherapist will assess the patient and select an appropriate walking aid based on the patient's weight-bearing status and activity level, adjusting it to the appropriate height.

物理治療師會評估患者，根據患者的負重狀態和活動能力，為其選擇合適的助行器及調整到合適高度。

Below are Some Commonly Used Walking Aids
以下為常用的助行器

Walking Frame
助行架



More Stable
較穩定

Quadripod
四腳叉



More Handy
較輕便

Stick
拐杖



The physiotherapist will teach the proper way of transfer, walking and going up and down stairs.

物理治療師會指導患者轉移位置、平路行走及上落樓梯的正確姿勢和方法。

Sit to Stand Transfer

坐至站立

In early post-operation stage, patient can place the operated leg slightly forward while standing up or sitting down to avoid trigger the knee pain. Evenly weight bearing on both legs is expected once swelling and pain are reduced.

如手術後初期膝關節屈曲時感到疼痛，站起或坐下時可先把患側腿微伸直及置前，以減低關節受力。待關節活動幅度及疼痛有改善後，便可雙腳平均受力。



Walking on Level Ground

平地步行訓練

1

First, place the walker a step ahead of you
先將助行器放在前方一步的距離



2

Step forward with operated leg
患側腳向前踏步



3

Follow with good leg
健側腳向前



Stairs Walking

樓梯訓練

Upstairs
上樓梯



Step up with good leg
健側腳先踏上一級



Follow with operated leg and stick on the same step
手術側腳與拐杖隨後跟上同一級

Downstairs
落樓梯



Stick go down
先將拐杖移至下一級



Operated leg go down
患側腳先落

Good leg go down
健側腳隨後

Points to Note

注意事項

1. Immediately stop exercise if severe pain occurs and consult medical staff.
2. Please continue with the knee mobilization, stretching and strengthening exercise after discharge from the hospital.
3. Mild soreness after exercise is expected, but if prolonged soreness is noted, please adjust the exercise intensity accordingly.
4. Apply ice (15-20 minutes/session) to reduce swelling if necessary.

This protocol should be individualized. Regular follow-ups with your physiotherapist and Orthopedic Doctor are recommended.

1. 運動時若出現劇烈疼痛應立即停止訓練，並通知醫護人員。
2. 患者在回家後請繼續進行以上膝部活動、伸展及肌肉鍛鍊運動。
3. 運動後肌肉輕微酸痛為正常反應，如酸痛程度過於嚴重或時間較長，可酌量調低運動強度。
4. 有需要時可用冰敷患處(每次15-20分鐘)以減輕腫脹。

復康計劃須按個人情況調整，建議患者可定期覆診並接受物理治療師及骨科醫生跟進評估。

Please feel free to contact us, if you have any enquires regarding the booklet or rehabilitation.

如對小冊子或復康上有任何疑問，歡迎聯絡我們作出跟進。

 (852)2835 0558

Wishing you a speedy recovery

祝早日康復