

Hip newspaper

Day 2 after the surgery

Goodmorning!

Already 2 days after your surgery. Don't you also think that it's progressing quickly and that you're making rapid improvements? Today, we'll take more steps and practice going up and down the stairs again. In this booklet, you'll find some useful tips for your ongoing rehabilitation. This is the second-to-last hip newsletter. You'll receive the final one this afternoon, which will include additional tips for when you're back home. Don't forget to jot down your questions and ask them to the appropriate individuals.

What are the nursing staff and occupational therapist doing for you today?

You'll already be much more independent. While bathing and dressing, you can request assistance, but often you can manage quite well on your own. The occupational therapist will visit again and provide further advice on safe standing up and moving.

Walking with crutches

The corridor **rehabilitation** with crutches is taught in the room, in the corridor, and in the stairwell. Always under the guidance of the physiotherapist.

Walking with 2 crutches:

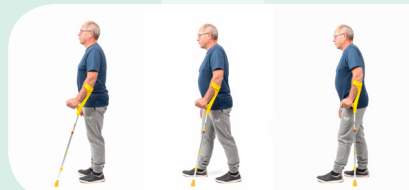


- First, place the crutches.
- Place the operated leg forward.
- Move the non-operated leg past the operated leg.

Home care for fall prevention

- Rugs: Small rugs, for example, in the bathroom or bedroom, pose a risk when using crutches. It's best to temporarily remove the rugs. Later, you can put them back with non-slip backing.
- Pets: Be cautious when returning home with your dog or cat. Your four-legged friend may enthusiastically greet you, causing you to trip or lose the crutches.
- Electrical cords: The crutches can get caught in the cords of a vacuum cleaner and similar items. Avoid these situations while walking with crutches.
- Thresholds: Watch out for small thresholds and raised edges. These can be real pitfalls!

Walking with 1 crutch:



- Keep the crutch on the side of the non-operated leg
- Place the crutch.
- Move the operated leg forward.
- Move the non-operated leg past the operated leg



And the invoice?

Approximately 2 to 3 months after discharge, you will receive the invoice for care and admission.

On the hospital's website (www.azjanportaels.be), you can find an overview of the various costs associated with a hospital stay under "Patient Information – Financial Information."

The amount on your invoice depends on your room choice and the use of medical devices. This includes screws, plates, pins, anchors, bone cement, and the prosthesis itself.

Prostheses come with a price tag. Choosing a single room does NOT increase the cost of these materials but DOES increase the cost of the provided technical services (surgery, anesthesia, radiography, physiotherapy) by up to 150%. If you encounter difficulties with payment, you can contact our billing department for a payment plan. You can reach them by phone at 02 257 55 31 or by email at facturatie@azjanportaels.be.

TIP: MAKE SURE YOU GET ALL THE NECESSARY DOCUMENTS!

If you need certificates for work, don't forget to request them. Often, forms still need to be filled out for health insurance. Take care of this before you leave for home.

How to go up and down stairs?

Going up the stairs:

Use the handrail and a crutch for support when ascending. Hold the crutch on the side opposite to where the handrail is located.



First, place the non-operated leg one step higher. Then, place the crutch. After that, place the operated leg on the same step.



If you are still using 2 crutches when upstairs, it's advisable to leave one crutch upstairs.

Going down the stairs:

Again, use the handrail and a crutch for support.



First, place the crutch along with the operated leg one step lower. Then, also place the non-operated leg on that same step.



Which leg to move first when climbing stairs?

Use the thumb trick

Thumb up:

- Going upstairs
- You first place the non-operated ('good') leg one step higher and then bring up the operated leg along with the crutch.



Thumb down:

- Going downstairs
- You first place the operated ('bad') leg along with the crutch one step down and then bring down the other leg.



Continuing exercises, how do I do that?

After the surgery, the physiotherapist will teach you various exercises.

Once you are familiar with the exercises, feel free to continue practicing them independently, both during your hospital stay and at home.



Sit back and relax on the exercise table, and extend the operated leg. Occasionally switch to the non-operated leg as well.



Beweeg de enkel naar boven en naar beneden.



Move your knee gently upward toward your head. Do not bend too deeply.



Move the ankle upward and downward.



While lying on your back, bend your hip and gently move your knee towards the table and back.



While lying on your side, ensure stability and lift the extended leg upward and then back down.



While lying on your side, do the same, but with the knee slightly bent.



At the exercise window: Move your leg straight outward and then back.



At the exercise window: Bend the knee to 90° and then back.



On the exercise mat: Place one leg on the mat and the other leg stretched backward. Now, gently bend the knee of the leg on the mat.



On the exercise mat: Stand stably with both feet on the mat and gently bend your knees. Do not go too deep.



For advanced individuals: Perform the same exercises on the exercise ball. This exercise requires a certain balance, and it is recommended to do it under supervision, especially in the beginning.



Stationary Bike: Cycle periodically with minimal resistance.

Rehabilitation Department

The rehabilitation department is a separate section in the hospital, located on the second floor. After recovering from hip surgery but still not ready to go home, you may continue rehabilitation on this department. During this time, you will be monitored by a rehabilitation doctor. The goal of staying in the rehabilitation department is to prepare you for discharge. Your day will, therefore, be largely filled with exercises.

There are daily exercise sessions with the physiotherapist. Together with the occupational therapist, other aspects of daily life are also trained, such as dressing and undressing independently, bathing/daily hygiene, using the toilet independently, and so on. Normal clothing is worn on this department, not pajamas.

Please note: there is a legally defined minimum length of stay, specifically the number of days you spent in the orthopedic department + 1.

Do you have any questions for a doctor, nurse, or other healthcare provider? Write them down here.
