



Trauma and Orthopaedics - Primary Total Prosthetic Replacement of Hip Joint (Not Using Cement)

Introduction

The COVID pandemic has had a significant impact on the NHS' ability to provide routine elective services. We recognise that patients are waiting longer than we would like and that it is not always possible to say when treatment will take place. This document provides our patients with information on how you can support yourself while waiting for treatment at the hospital. The guidance has been written by the clinicians who are responsible for your care.

While waiting, it is imperative to look after both your physical and mental health. Below is some useful condition specific information which can assist you in managing your condition while awaiting surgery. Should you believe your condition has worsened and you need a fresh review or you have changed your mind please get in touch with us at your earliest opportunity on any of the contact details provided below.

Guidance for Patients

Pain Management

It is important to ensure you have appropriate and adequate painkillers / anti-inflammatories, with the guidance of a GP or a Consultant Pain Specialist, where necessary. Some patients may cope well with topical treatments such as anti-inflammatory gels and creams.

Other alternatives to medicinal pain management include:

- Heat Pack
- Ice therapy
- Massage
- TENS Machine (Transcutaneous electrical nerve stimulation)

Physiotherapy

Physiotherapists can also provide personalised mobility assessments and advise on good posture as well as walking techniques.

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Mobility and Exercise

Some might think exercise will aggravate your hip pain and stiffness, that's not the case. Lack of exercise can make your hip even more painful and stiff. The aim is to improve muscle strength and reduce stiffness while maintaining some movements in the joints. If your hip is too painful to move, try to keep all the other joints working as regularly as possible as you will need these to help with your rehabilitation following surgery

Assistive devices

Consider using walking aids such as sticks or crutches as this will also help with maintaining a good posture and take some weight off the affected hip. We recommend using the walking aid opposite to the one affected. There are additional tools you can use for gripping and grabbing such as long handled reachers or long handled shoe horns. Shoe lifts can help patients before surgery who have leg-length inequalities

Home adaptations

Hand rails will help you manage stairs easier. If you do not have rails on your stairs, you may want to consider getting these fitted. The recommended way of navigating stairs is to go up with the good leg and down with the bad leg. Try leaning onto handrails for support when going up or down

Consider getting a shower chair and a toilet seat raiser to make bathroom activities easier and safer

Activity modification

While it is important to keep active, try and reduce or stop activities which cause you a lot of pain such as high impact repetitive activities. We recommend swapping for non-impact fitness exercises such as swimming, cycling and golf

Diet and weight loss

Eating healthy provides nutrients to the bones and tissues and maintaining a healthy weight will reduce the amount of strain in your hips. If you are overweight, even reducing a small amount of weight can reduce your symptoms

Additional tips for protecting your hip include:

- Use several joints to spread the weight of an object. Use both hands to carry your shopping or distribute the weight evenly in a shoulder bag.
- Rearrange basic household items to make it easier to reach so you are not bending or crouching

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Additional resources

<https://www.nhs.uk/conditions/osteoarthritis/symptoms/>

<https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis-oa-of-the-hip/>

https://www.westhertshospitals.nhs.uk/patientinformation/documents/preopassessment/00071_4-17v03%20Advice%20leaflet%20to%20regain%20fitness%20prior%20to%20surgery%20FINAL.

ARMA (Arthritis and Musculoskeletal Alliance) is an umbrella body bringing together patient organisations and professional bodies representing the breadth of musculoskeletal health.

www.arma.uk.net/

What should I do if my health is deteriorating?

If you think your condition has worsened, please get in touch with us immediately via our contact details provided.

Below is a list of common red flags to be aware of:

- **Sudden onset of red, hot, swollen joint** – particularly if you are immunocompromised, have prior hip joint disease or an infection elsewhere
- **Sudden inability to put any weight into your hip** – this could be indicative of a fracture or bone collapse particularly if you have been informed you have a condition called avascular necrosis
- **Extensive bruising and/ or swelling around your hip and thigh**
- **Unexplained weight loss and/ or a previous history of cancer** – this could be a sign of malignancy
- **Unexplained lumps and bumps that appear or are changing/ growing-**
- **Significant loss of hip movement**

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