

Sports Therapy
Manual Therapy
Electrotherapy
Manipulation
Rehabilitation
Pre-habilitation
Clinical Pilates
Pre-Season Screening
Exercise Prescription
Massage

Partners

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Rehab)

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BSc. (Physio)

Practice Manager

Anne Mellor
BA (Hons)

Please re-read the physiotherapy information you received before the operation for reminders about transferring from a chair or bed etc.

THINGS YOU MUST REMEMBER FOR 6 WEEKS AFTER YOUR TOTAL HIP JOINT REPLACEMENT:

1. THE ANGLE BETWEEN YOUR TORSO AND THIGH CANNOT BE LESS THAN 90°
2. DO NOT DO TOO MUCH TWISTING ON, OR ROTATION OF, YOUR LEG
3. DO NOT CROSS YOUR LEG PAST THE MIDLINE OF YOUR BODY

THIS MEANS:

DON'T cross your legs, bend to pick up objects off the floor (use an extendable arm) or pivot on operated leg.

Be Careful of low chairs, low beds, getting in and out of cars, prolonged sitting and when sleeping on side, have a pillow between your legs.



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