



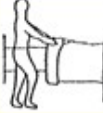






Rehabilitation after Artificial Hip Joint Replacement Surgery 人工髖關節置換術後之復健運動(英文)

Rehabilitation postures

<p>Bed pan movement</p>	<p>Thigh raising straight exercise</p>	<p>knee abduction exercise</p>
<p>Extending and bending hip exercise</p>	<p>Extending and bending heels exercise</p>	<p>Lying on one's side to extend and bend thighs exercise</p>
<p>The hip abduction movement</p>	<p>Knee sway movement</p>	

Correct postures

<p>When picking up goods from the ground, bending the non-operative leg and stretch the operated leg backward.</p>	<p>When sitting down, move the operate leg forward; use firm chairs with a straight back, high seat, and arm rests.</p>	<p>Make beds before going into the bed.</p>
		
<p>Keep your knees apart when standing or sitting down.</p>	<p>During the initial period of post-surgery, request for assistance from your family members when you wish to reach for something.</p>	<p>Use an elevated toilet seat.</p>
		
<p>Keep a pillow between your knees when sitting or lying down.</p>		
		

Avoid the following postures

When trying to pick up goods from the ground, bend your hip joints 90 degrees.



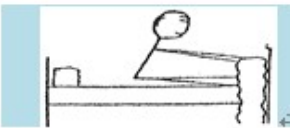
Use of low toilet seats



Hip joint slinging outward and feet crossing one another.



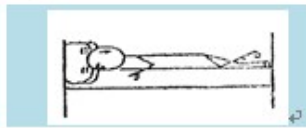
Flex your body to pull blankets by bed end.



Low chair without arm rest seat.



Hip adduction: no pillows applied when sitting and lying down.



若有任何疑問，請不吝與我們聯絡
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