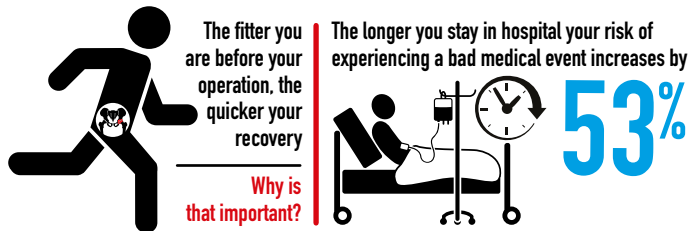


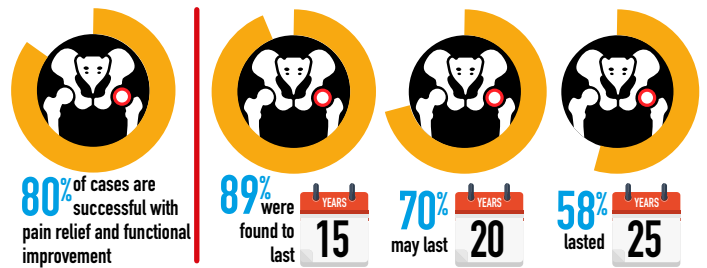
# How Make a Speedy Recovery From Your Hip Replacement Operation

## Ways to Reduce Your Risk of Having a Bad Medical Outcome from Hip Replacement Surgery



Reference: Factors Associated with Adverse Events in Inpatient Elective Spine, Knee, and Hip Orthopaedic Surgery. *Journal of Bone and Joint Surgery* 2017;99(16):1365-1372. Reference: Morbidity and Mortality following Surgery for Hip Fractures in Elderly Patients. *Journal of Aging Research* 2019

## How Long Will a Hip Replacement Last?



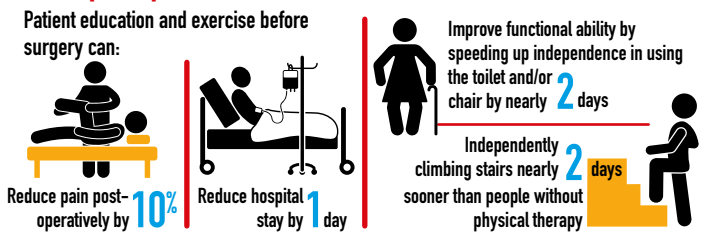
Reference: How long does a hip replacement last? A systematic review and meta-analysis of case series and national registry reports with greater than 15 years of follow-up. *The Lancet* 2019

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## How Can I Get The Best Results Following My Hip Replacement? – Pre-Operative Physical Therapy



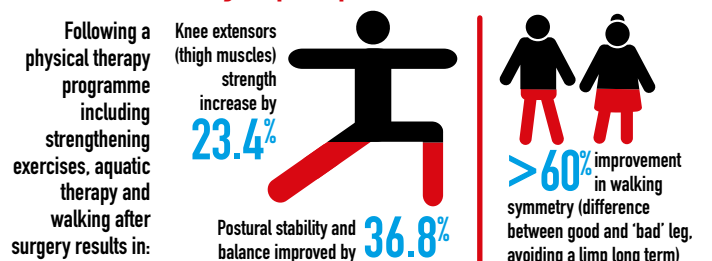
Does preoperative rehabilitation for patients planning to undergo joint replacement surgery improve outcomes? A systematic review and meta-analysis of randomised controlled trials. *British Medical Journal Open* 2016

## Ways to Reduce the Risk of Blood Clots after Hip Replacement Surgery

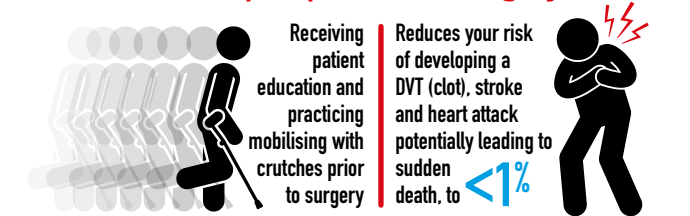


Reference: Low risk of thromboembolic complications after fast-track hip and knee arthroplasty. *Acta Orthopaedica* 2010;81(5):599-605  
Reference: Reduced short-term complications and mortality following Enhanced Recovery primary hip and knee arthroplasty: results from 6,000 consecutive procedures. *Acta Orthopaedica* 2014

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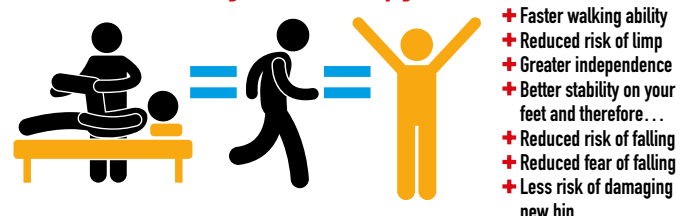


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Reference: Reduced short-term complications and mortality following Enhanced Recovery primary hip and knee arthroplasty: results from 6,000 consecutive procedures. *Acta Orthopaedica* 2014

## What Does Good Post-Operative Physical Therapy Mean?



Physiotherapist-directed rehabilitation exercises in the outpatient or home setting improve strength, gait speed and cadence after elective total hip replacement: a systematic review. *Journal of Physiotherapy* 2013

The information contained in this article is intended as general guidance and information only and should not be relied upon as a basis for planning individual medical care or as a substitute for specialist medical advice in each individual case. ©Co-Kinetic 2019