



ORTHOPAEDIC
health group

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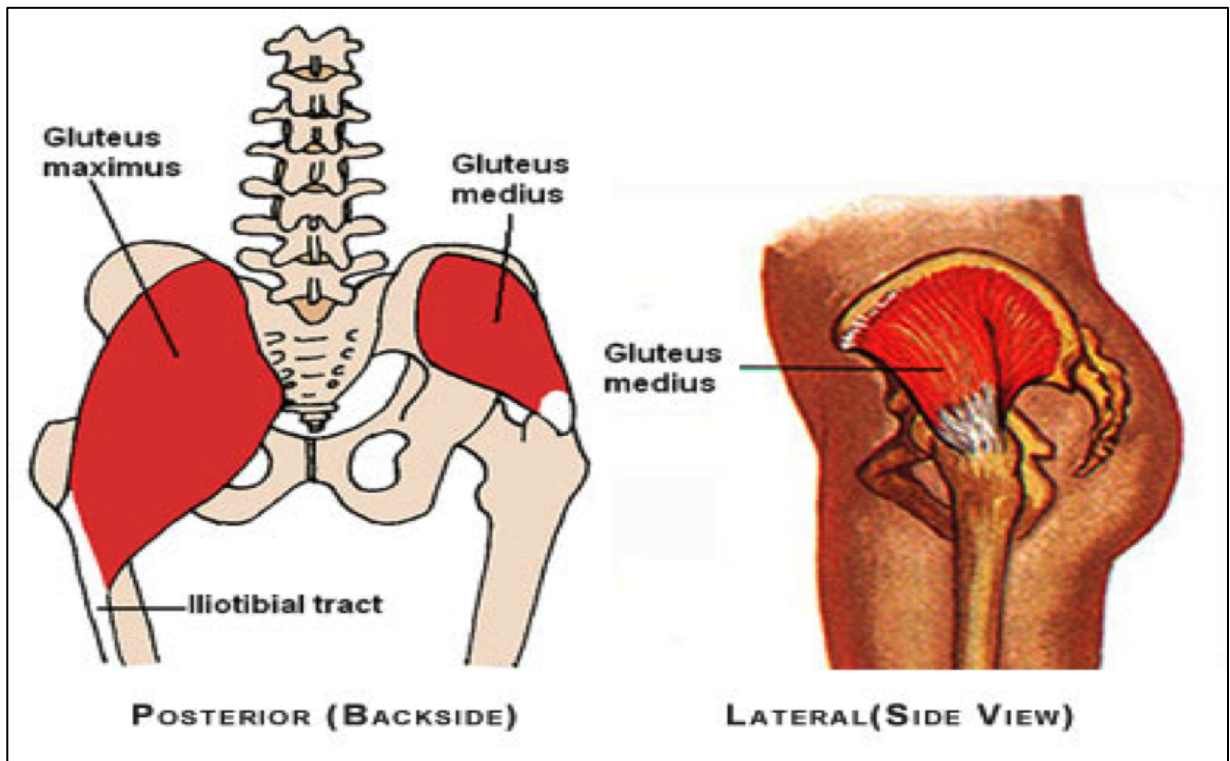
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Hip Abductor Tendon Post Operative Patient Information

The following information is designed to answer some frequently asked questions regarding what to expect and what to do following your Hip abductor tendon surgery. The size of the incision depends on the extent of the reconstruction required. The wound will be stitched and sealed with a waterproof dressing.



Fluid or blood may gradually leak through the incision, spotting the waterproof dressing. This is common. The blood-tinged drainage may persist for 24 – 36 hours. If it has not significantly decreased by this time please call my office on 9885.7773.

Post Operative Review Appointments

You will be given a post operative review appointment at 2 weeks followed by review appointments at 6 & 12 weeks.

How long will I remain in hospital for following my surgery

You will remain in hospital for 1 – 3 days post operative depending on your pain and mobility.



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Post-operative Instructions / Rehabilitation schedule

Weeks 1 – 2

Touch weight bear using either

- 2 x forearm crutches
- PUF
- Wheelchair
- Leg Mover (Dog Leash)

NO ACTIVE ABDUCTION EXERCISES

Weeks 2 – 6

Touch to 1 / 3 Partial weight bearing using:

- 2 x forearm crutches
- leg mover (dog leash)

NO ACTIVE ABDUCTION EXERCISES

Weeks 6 – 8

Partial weight bearing

- Outside – 2 x forearm crutches
- Inside – 1 x forearm crutches

COMMENCE STANDING ABDUCTOR EXERCISES

Weeks 8 – 10

Walking with:

- Outside – 1 x forearm crutch
- Inside – No crutches

**GENTLE LIFT AGAINST GRAVITY EXERCISES
WHILST LYING ON YOUR NON OPERATED SIDE**

Weeks 10 – 12

Walking completely unaided – no crutches

- Gravity lifts
- Exercises 5 minutes 5 times per day

It is important to remember that you need to be guided by pain and endurance. i.e. shorter exercise time + /- revert back to using 1 x forearm crutch or even if necessary use 2 x forearm crutches.

There should be no formal strengthening and / or physiotherapy until after your 12 week (3 month) review appointment.