

# 髖部骨折手術後復健運動及護理

## The Rehabilitation and Nursing Care after Hip Fracture Surgery

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### ■ Purpose

- To improve blood circulation in the lower extremities.
- To prevent or release the edematous legs.
- To maintain motion in the joints.
- To maintain strength and endurance of muscle.
- To enhance healing of the fracture.
- To support the clients return to the daily activities of life rapidly.

### ■ Principle

- The doctor will assess the condition of fracture and post operation. Ambulate early if the doctor permits and you can endure the pain.
- Do each exercise for 1 set ( 1 set = 20 repetitions ) 3 times per day ( After each meal ) . Each repetition is 5 seconds depending on the condition, you can increase the exercise frequency after the acute phase.

- Ice packs should be used after exercise to ease pain. If needed, the doctor may prescribe a pain-killer for the clients.

## ■ Rehabilitation

### Ankle exercise

**Way:** Dorsiflexion and plantar flexion.

**Purpose:** Enhance the blood circulation and decrease the edema.

**Time:** 1<sup>st</sup> day after the surgery.



### Gluteal muscle exercise

**Way:** Squeeze your buttock muscle towards the centre of your buttock cheek.

**Purpose:** Maintain Gluteal muscle strength and the stability of the joint.

**Time:** 1<sup>st</sup> day after the surgery.



<p><b>Quadriceps muscle exercise</b></p> <p><b>Way:</b> Lie down first. Keep the back of your knee on the roll and straighten the lower leg.</p> <p><b>Purpose:</b> Maintain quadriceps muscle and the stability of the joint.</p> <p><b>Time:</b> 1<sup>st</sup> day after surgery.</p>	
<p><b>Abduction and adduction of the hip joint</b></p> <p><b>Way:</b> Lie down first. Gently move your leg out to the side and back to mid-line of the body only. Keep your knee straight and toes pointing to the ceiling.</p> <p><b>Purpose:</b> Train Vastus lateralis and Vastus medialis muscle.</p> <p><b>Time:</b> 3rd day after the surgery.</p>	
<p><b>Leg lift exercise</b></p> <p><b>Way:</b> Lie on your back first. Bend the knee of the unaffected side. Lift your affected leg off the bed.</p> <p><b>Purpose:</b> Enhance the healing of the bone. Train the legs strength.</p> <p><b>Time:</b> 3rd day after the surgery.</p>	

## ■ Positioning and changing position

- Start to change positions on the 1<sup>st</sup> day after the surgery.

- Use rolls by the sides of the hip to avoid hip rotation.
- Lie on the back first. Place a pillow or a blanket between client's legs. Place your hands on the client's shoulder and buttock, and assist the client to lie on the unaffected side.
- Another way is to lie on the back first. Place a sheet under the client's buttock and place a pillow or a blanket between client's legs. Pull the sheet to assist the client to lie on the unaffected side.



## ■ **Transfer to a wheelchair**

- After the doctor permits, you can get out of bed with a wheelchair.
- Set the wheelchair on the unaffected side. Wheelchair tilt-in-space angles between 30° and 40°. Then brake and remove the footplates.

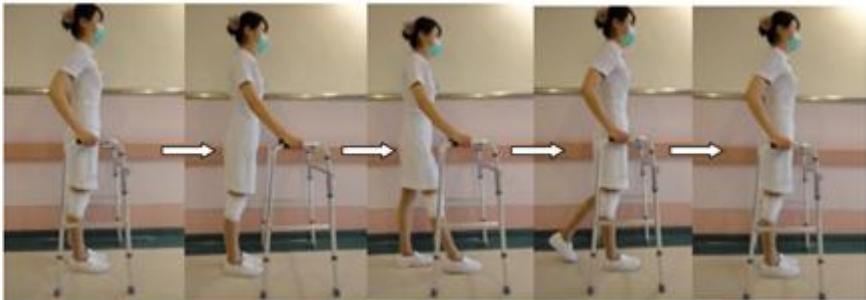
- Assist the client in sitting up and move the affected leg on the edge of the bedside. Encourage the client to move the unaffected leg and assist him or her to sit on the bedside.
- The caregiver should stand and face to the client closely. The caregiver can then grasp the client's pants. The client should place his or her hands around the caregiver's neck, and stand up with the unaffected leg. After that, the caregiver transfers the client to the wheelchair.



- **Transfer the client to the wheelchair with a walker-** Place your hands on the walker. Support the body with your hands and the unaffected leg. The client stands up slowly using the walker. The caregiver sets the wheelchair behind the client. Afterwards, transfer the client to the wheelchair.

## ■ **Ambulating with a walker**

- After the physical health provider permits, you can get out of the bed using the walker.
- The correct height of the walker is as high as your waist. Bend your elbow 15°-30°.
- Steps:
  1. Place your hands on the walker.
  2. Stand up by holding the walker and the unaffected leg.
  3. Lift the walker ahead about 25-30 cm.
  4. Move forward with the affected leg.
  5. Hold the walker and move the unaffected leg forward.



(Do not ambulate for a long time because the affected leg will swell.)

## ■ **Wound care**

- After the surgery, the wound is covered by 3M and gauzes.
- Sterilize the wound with the sterilized swab with beta-iodine. Then gauze covered.
- Keep the wound dry and clean.
- Do not scratch the wound if it is itchy. Patting the skin is better to avoid inflammation.
- If the wound is wet, change the wound dressing immediately. If the wound is red, swelling, heat, and painful, or has some discharge that may be infection. Go to the hospital immediately.

## ■ **Preventing patient falls**

- The problems commonly caused by anesthesia and polypharmacy include frequent confusion, dizziness, and impaired balance. Sit on the bedside for a few minutes. If the feeling improves, you can get out of the bed with the nurses or your family assisting.
- Press the alarm immediately if you need any assistance.

- When you have emergency conditions in the bathroom, press the alarm.
- Do not get off the bed when you are dizzy or weak. You may use the bedpan and urinal.
- When the client gets off the bed or goes to the bathroom, he/she should be accompanied in case of emergency condition. The care givers can hold the client.
- Please, pull the bed rails and notify the nurse if the client is agitated and confused.
- Keep the height of bed low enough so the client is able to touch the floor. Swing down the bed rails before getting off bed. Do not get out of the bed without swinging down the bed rails, please.
- If the floor is wet, notify the nurses.
- Manage your belongings in the closet to keep the room clear.
- Wear the proper clothes and non-slip shoes. Do not go barefoot or wear socks only.
- Keep the light on. Sometimes, the care giver has to turn off the light because of a medical order.



## ■ Prevent falling at home

- Provide as much natural light as possible. Avoid glare at home. Keep the hallway light on during the night.
- Keep the floor dry and hallway clear. Furnish the home simply. Keep extension cords out of the way. Do not use throw rugs.
- Wear the non slip-shoes. For example: rubber-soled shoes.
- Color the ground if there is a gap on the floor.
- Set the hand-rails and non slip-floor on the stairs and at the bathroom.
- Use a firm bed and chair. Do not choose the furniture with wheels.
- Place the daily necessities on the table which is easily available.
- Move slowly when you turn on your back or transfer to another place to prevent dizziness and falling.
- Keep regular exercise to enhance fitness and endurance of the muscles.
- Keep warm to avoid stiff and weak joints.
- Use a walker or crutches. Note the instructions for using these devices. Do not stop using walker or

crutches without the physical health provider's permission.

- Do not take over the counter without prescription.

## ■ **Intervention of falling at home**

- Check consciousness, appearance of head, and the function of the limbs first.
- Go to the hospital if necessary after the wound management.
- Call 911 immediately if unconscious, bleeding or fracture.
- Call for help if the caregivers can't move the client to the bed to prevent a second injury.

Please discuss your condition with your physical health provider.

The handbook is a reference.

If you have any question, please contact our staff anytime.

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We will be more than happy to assist you.

Sincerely, Cathay General Hospital.

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