



COMPASSION AT EVERY STEP



Quick Recap

After both hips are replaced, recovery depends on protected movement, progressive strengthening, and relearning safe walking and daily tasks.

Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

(630) 915-5174

EMAIL

info@philippianshomecare.com

HOURS

9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.



A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

“With the right support, daily life stays comfortable, independent, and full of the things you love.”

Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



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COMPASSION AT EVERY STEP

Bilateral Total Hip Replacement

Orthopedic Post-Surgical Protocol



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

DAILY CARE



● Tips at Home

Practical day-to-day tips to keep recovery on track and make your daily care safer at home.

Build a calm daily routine — meals, medications, rest, and gentle activity at the same times each day. Note any changes and share them with your healthcare providers.

- Gait training: walker or cane steps, heel-to-toe pattern, and short household walks.
- Hip precautions ADLs: use reacher, sock aid, and long-handled sponge for bathing.
- Hip precautions: no crossing legs at the knee, no bending past 90°, no twisting at the hip.
- Use a raised toilet seat and a chair with arms; place a pillow between the knees when sleeping.

WATCH CLOSELY



● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Daily checks: hip pain, walking tolerance, stiffness, swelling, redness, warmth, or drainage.
- Measure leg length feeling, limp changes, or sudden inability to bear weight.

Good to know

- Surgery replaces both damaged hip joints with artificial components.
- Most people return to walking aids within days, then progress.

When to call: Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

STAY STRONG



● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- Hip strengthening: bridges, clamshells, and supported standing exercises per protocol.
- Balance drills: weight shifts, tandem stand near counter, and step training.
- ADLs: dress surgical leg first, undress it last; avoid low chairs and soft couches.
- Use a long-handled reacher and sock aid for the first 6 weeks.