

Total Hip Replacement (THR) – Physiotherapy Management

Case Scenario: "The Perfect Surgery, the Imperfect Recovery"

A 68-year-old woman underwent **Total Hip Replacement (THR)** for advanced Osteoarthritis of the left hip.

Postoperative Day 4 Findings:

- Pain: 2/10
- Hip ROM within postoperative precautions
- Able to walk 40 meters with a walker
- Good wound healing
- Patient repeatedly crosses her legs while sitting
- States, "I feel normal now."

The surgeon is pleased with the surgical outcome.

Puzzle 1: Spot the Hidden Risk

Question

What is the greatest concern?

Options

- A. Muscle weakness
 - B. Infection
 - C. Hip dislocation risk
 - D. Poor balance
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Puzzle 2: First Physiotherapy Priority

Question

What should the physiotherapist emphasize immediately?

Options

- A. Running exercises
- B. Hip precautions education

C. Resistance training only

D. Bed rest

Puzzle 3: The Bathroom Challenge

Scenario

The patient wants to use a low toilet at home.

Question

What is the safest recommendation?

Options

A. Use the low toilet normally

B. Avoid sitting

C. Use a raised toilet seat

D. Squat instead

Puzzle 4: Gait Analysis Puzzle

Case

At 3 weeks post-THR:

- Walking independently with a cane
- Trunk leans toward operated side during stance

Question

Which muscle is most likely weak?

Options

A. Quadriceps

B. Gluteus Medius

C. Gastrocnemius

D. Hamstrings

Puzzle 5: Risk Management

Scenario

During therapy, the patient reports sudden calf pain, swelling, and warmth.

Question

What should the physiotherapist do first?

Options

- A. Continue exercises
- B. Apply heat
- C. Stop treatment and notify the medical team
- D. Increase walking

Puzzle 6: Functional Outcome Challenge

Question

Which activity best demonstrates successful rehabilitation?

Options

- A. Normal X-ray
- B. Pain-free scar
- C. Independent performance of daily activities
- D. Normal laboratory values

Puzzle 7: Home Safety Puzzle

Case

The patient is preparing for discharge.

Which home modification should be recommended?

Options

- A. Remove walking aids
 - B. Install grab bars and remove loose rugs
 - C. Encourage floor sitting
 - D. Use low chairs
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Puzzle 8: Return-to-Activity Decision

Scenario

At 8 weeks post-THR, the patient asks about activities.

Which is generally most appropriate?

Options

- A. High-impact jumping sports
 - B. Contact sports
 - C. Walking and low-impact exercise
 - D. Heavy weightlifting competitions
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Puzzle 9: Discharge Readiness

Case

Patient demonstrates:

- Independent bed mobility
- Independent transfers
- Safe walker ambulation
- Understanding of hip precautions

Question

Is discharge appropriate?

HBS Leadership Puzzle

Question

A hospital tracks only one outcome after THR.

Which metric provides the most meaningful measure of success?

Options

A. Hip ROM

B. Pain score

C. Length of scar

D. Return to independent living and community participation