

**TOTAL HIP REPLACEMENT
COMMUNITY CARE STAGE
CLIENT PATHWAY**

Grey Bruce Health Network

CATEGORY	ADMISSION	GOALS AT DISCHARGE
EDUCATION	Your therapist will review and discuss movement and activity restrictions with you.	It is hoped that you clearly understand all you need to know to care for yourself and your hip. If you have any questions at all, feel free to ask the health care provider.
PAIN	Your therapist will assess the amount of hip discomfort you have and discuss methods of pain control.	You should be able to perform your daily activities without a lot of pain.
STRENGTH	Your therapist will measure the strength in your leg and review your exercises.	We hope your strength has improved to allow you to do your daily activities.
SWELLING	Your therapist will assess the swelling in your leg and discuss methods to control and reduce your swelling.	The swelling in your leg should be reduced and/or managed and should not interfere with your daily activities.
ACTIVITY	You will have driving restrictions. We will explain these to you. We will help you to be able to move around your house safely. If you require any aids or equipment to help you with your daily activities, these will be arranged.	Your therapist will finalize your exercise and activity program with you. Together, you will determine what walking aids you might need. You should be able to walk 15 to 20 minutes on your own.
EXERCISES	We will be teaching you how to do your exercises at home. Be sure to follow the instructions you are given.	You should be able to do your exercises independently or with help from family or a friend.
HOME SAFETY	Your therapist will assess your ability to move around your home.	You will be able to move independently (with or without walking aids) in your home.

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