Aquatic Physical Therapy for Hip Replacements

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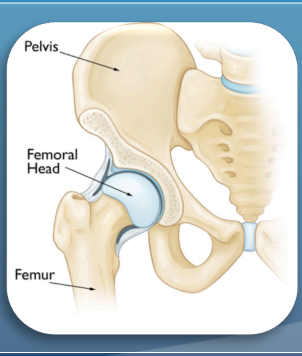
What is a Joint Replacement?

A joint replacement is when an arthritic joint or damaged joint is removed and replaced by an artificial joint (prosthesis.)



According to the Academy of Orthopedic Surgeons, there are more than 300,000 knee replacements performed each year in the U.S.

Causes that Require Hip Replacement:

The most common causes of requiring hip replacement include arthritis, osteoarthritis (wear & tear), rheumatoid arthritis, post-traumatic arthritis (i.e. fracture) or damage to surrounding hip tissue such as ligaments and articular cartilage.

Another common cause is avascular necrosis, which is an injury to the hip limiting blood supply to the joint, leading to bone tissue collapsing.

Types of Hip Replacement Procedures:

Traditional Total Hip Arthroplasty (Posterior/Lateral Approach): Post-operative precautions include NO excessive bending of hip, NO crossing legs, NO rotation of hips.

Minimally Invasive Hip Arthroplasty (Anterolateral Approach): Uses a small incision without cutting muscles/tendon around hip, minimizing risk of hip dislocation, allowing for faster recovery.

Rehabilitation & Recovery:

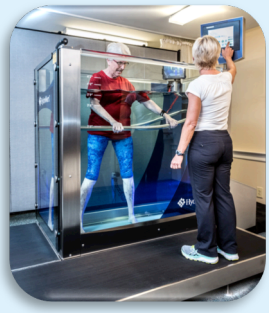
Depending on type of surgery, recovery may take an estimated **6 weeks to 6 months** for total hip replacement and **less** for minimal invasive surgery, pending no further complications from either procedures.

Coleman et al. Muscle Activity During Aquatic and Land Exercises in People With and Without Low Back Pain, *Physical Therapy*, Volume 99, Issue 3, March 2019, Pages 297-310, https://doi.org/10.1093/ptj/pzy150

HydroWorx and Chronic Pain: https://www.hydroworx.com/research-education/additional-resources/aquatic-therapy-chronic-pain/

AQUATIC SOLUTIONS Physical Therapy

Why Choose Aquatic Solutions Physical Therapy?



Research shows that a 6-week program of aquatic physical therapy resulted in significantly less pain and improved physical function, strength, and quality of life on a patient with hip osteoarthritis (Hinman et al, 2007).

For post-surgical procedures, early aquatic physical therapy intervention improves function by increasing muscle strength, endurance, improving balance, coordination and minimizing swelling & pain.