

TIP OF THE MONTH

**Post-surgical Hip Replacement Home Preparation**

At the end of the year, the volume of patients opting to have surgery increases as everyone tries to meet their annual deductibles. Whether it's something that has been carefully planned, or something that came up fairly quickly, there are steps you can take to make sure that your home



environment is ready for your recovery. The tips below have been tailored for patients planning to have hip replacements. If you have scheduled a surgery that requires post-operative rehab, please come by our clinic beforehand. Together, we can create a pre-surgical exercise plan to make post recovery easier, talk about any concerns you have, as well as prepare you for your post-surgical rehabilitation.

- Consider keeping a cordless phone near you or carry your cell phone in your pocket.
- Move furniture to keep a clear, wide path to your kitchen, bathroom, and bedroom.
- Remove throw rugs that may cause you to slip or trip. Tape down any loose edges of large area rugs that cannot be removed.
- Make sure extension cords are out of high traffic areas or tape them down if needed.
- Wear rubber soled shoes or those super cool hospital socks to prevent from slipping.
- Keep commonly used items in your home at waist level within easy reach. This will prevent you from bending over to reach items. Use a reacher to grab objects and avoid excessive bending at the hip.
- Make sure there is adequate lighting in the house. Add night lights in hallways, bedrooms, and bathrooms.
- It may be helpful to have temporary living space on the same floor as where your bedroom/bathroom is located.
- If you have a second floor to your home, walking up/down stairs will be more difficult immediately following surgery and could increase your risk for falls. Avoid stairs if all possible.
- Arrange for someone to collect your mail and take care of pets or loved ones if necessary.
- Prepare frozen meals in advance to assist you with cooking.
- Stock up on groceries, toiletries, and medications you might need.
- A shower chair or a tub bench will make bathing much easier. Do not take soak baths until your physician allows you to do so.
- An elevated toilet seat will be helpful with toilet transfers and with following post-surgical precautions or guidelines.
- Assistive devices for dressing such as a reacher, extended shoe horn, and sock aid may be necessary during your post-operative recovery

For more information about what to expect during post-surgical rehabilitation after a hip replacement please [click here](#), or call at your earliest convenience. Enjoy the holidays!



**PT&Me Featured Article [Safe Lifting Practices: Back Injury Prevention](#)**

**Call today to ask us how we can help you get back to enjoying the activities that are important to you!**



***“Christmas isn’t a season. It’s a feeling”***

— Edna Ferber

**TELL A FRIEND**

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

**We will ensure that they will receive great care and have a positive therapy experience with us!**

**A RECIPE FOR YOU**

**Italian Style Pork Chops**

Looking to impress family or friends that are coming over for dinner? This recipe is easy and is picky eater approved.



**Ingredients:**

- 4 pork chops – about an inch thick
- 2 cups Italian seasoned breadcrumbs
- 2 eggs
- Handful of parmesan cheese
- Olive Oil
- Salt & Pepper
- Garlic powder
- Onion powder

**Directions:**

1. Preheat the oven to 330°
2. Line a baking pan with foil for easier clean up
3. In a small bowl, beat the eggs and add salt, pepper, garlic and onion to taste
4. In another small bowl, mix together the bread crumbs and parmesan cheese
5. Dip the pork chop into the egg mixture followed by the bread crumbs and put to the side on the baking pan
6. On your stove top, heat the olive oil in a sauté pan and sear the pork chops on both sides
7. Transfer the pork chops back onto the baking pan and bake in the oven for 30 minutes \*\* if you use bone-in pork chops, check before resting as it may take a few more minutes to cook all the way through
8. Let it rest for 5 minutes and enjoy!