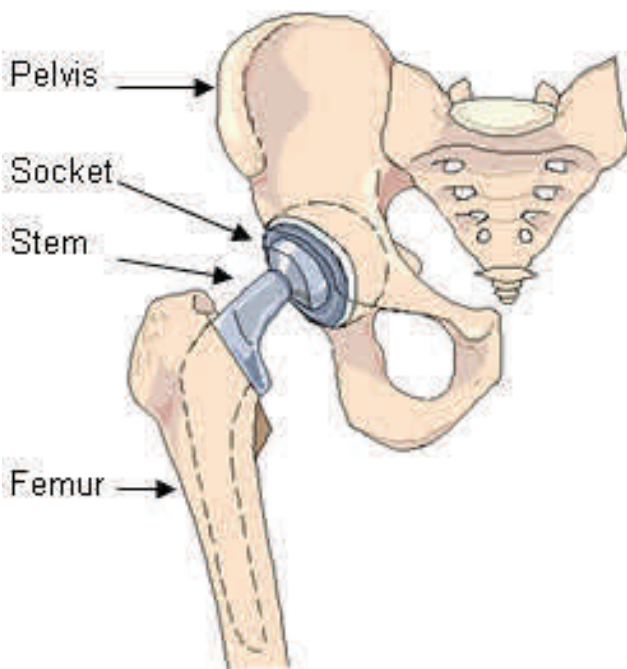


Prosthetic Hip Dislocation - Posterior

Understanding Hip Dislocations

The hip joint is a ball and socket joint. The ball at the top of the femur (upper leg), fits into a socket in the pelvis called the acetabulum. The ball and socket is surrounded by a soft-tissue enclosure called the joint capsule, which aids in keeping the femoral head in the acetabulum.



Up to 7% of people who have had a total hip replacement will experience a dislocation; this figure is constantly reducing due to advancements in the procedure. 50% of dislocations will occur within the first 12 months of surgery and 50% of these patients will go on to have further dislocations.

During hip replacement surgery the joint capsule is opened. This puts the hip at risk of dislocating, especially when the hip is put into challenging positions.

Know the facts

- If multiple dislocations occur surgery may be necessary
- Some people feel a popping or slipping sensation in their hip prior to dislocation
- Some patients will be required to wear a Zimmer or other knee splint on their leg, which immobilizes their knee.

Tips to help your recovery

Post hip reduction, a repeat X-ray will be done to check the hip is in the correct position.

Once you have recovered from the medication provided to sedate you for the relocation procedure, you may be ready to be discharged home.

It is normal for anyone to feel apprehensive when walking for the first time post hip relocation. A physiotherapist will help mobilise you in preparation for discharge.

Most patients don't require a walking aid and find that their pain has resolved. Failing this you will be admitted to hospital.

