

Mayo Clinic Medical Edge
Recovery from Hip Surgery

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	IT HAPPENS HUNDREDS OF TIMES EVERY DAY... PEOPLE UNDERGOING HIP REPLACEMENT SURGERY TO EASE THE PAIN OF WORN OUT JOINTS. IT'S CONSIDERED VERY SAFE AND EFFECTIVE, BUT WHAT CAN PATIENTS REALLY EXPECT AFTERWARDS?
Robert Trousdale, M.D. Track 2 (5:42)	"THEY'RE IN THE HOSPITAL, TYPICALLY, FOR 3-DAYS. I LET MY PATIENTS PUT WEIGHT ON THE HIP RIGHT AWAY. THEY'RE USUALLY OFF CRUTCHES IN ABOUT 3- WEEKS OR SO."

	<p>ABOUT THAT SAME TIME, DR. ROBERT TROUSDALE, AN ORTHOPEDIC SURGEON AT MAYO CLINIC, TELLS HIS PATIENTS TO START SWIMMING OR USING A TREADMILL OR STATIONARY BIKE.</p>
<p>Dr. Trousdale Track 1 (9:00)</p>	<p>“I ENCOURAGE MY PATIENTS TO BE ACTIVE AFTER HIP SURGERY BECAUSE THE BENEFITS OF ACTIVITY, WITHIN REASON, OUTWEIGH THE NEGATIVES TO THE WEAR AND TEAR ON THE ARTIFICIAL JOINT.”</p>
	<p>DR. TROUSDALE SAYS THAT WHILE FULL RECOVERY CAN TAKE LONGER, MOST PATIENTS ARE DOING THE THINGS THEY WISH TO DO TWO TO THREE MONTHS AFTER SURGERY.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>
