

# Hip Dislocation

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## Explanation of Diagnosis

A **hip dislocation** occurs when the **head of the femur (thigh bone)** is forced out of the **hip socket (acetabulum)**, typically due to **high-impact trauma** (e.g., car accidents, falls, or sports injuries). It can also occur in individuals with **hip replacements or congenital hip instability**. Symptoms include **severe hip pain, inability to move the leg, swelling, and possible nerve damage (numbness or weakness in the leg)**.

A **posterior dislocation** (most common) means the femur moves **backward**, while an **anterior dislocation** (less common) means the femur moves **forward**.

**This is a medical emergency. Seek immediate treatment.** After reduction (realigning the joint), recovery will depend on the severity of soft tissue damage, nerve involvement, and whether surgery is required.

## Specific Work Modifications

- **Avoid prolonged standing, walking, or lifting.**
- **Modify tasks** to allow seated work and limit excessive movement.
- **Use crutches, a walker, or a cane** if non-weight-bearing is required.
- **Adjust chair height** to avoid excessive hip bending.
- **Avoid deep squatting, pivoting, or sudden movements** that could re-dislocate the hip.

## Specific Activity Modifications

- **Avoid high-impact activities** (running, jumping, contact sports).
- **Modify workouts** by switching to **low-impact exercises** like swimming or cycling (once cleared by a doctor).
- **Avoid positions that involve excessive hip flexion** (e.g., deep squats, lunges, or crossing legs).
- **Follow a gradual return-to-activity plan** guided by physical therapy.

## Recommended Supplements

- **Collagen peptides (10 g daily)** - Supports ligament and soft tissue repair.
- **Vitamin D3 (1000-2000 IU daily)** - Aids in bone and joint health.
- **Calcium (1000-1200 mg daily)** - Supports bone strength.
- **Magnesium (300-400 mg daily)** - Helps with muscle relaxation and reduces cramping.

- **Omega-3 fatty acids (1000 mg daily)** - Reduces inflammation and supports joint recovery.

## Recommended Nutrition and Hydration

### Diet Recommendations:

- **Bone and joint-supporting foods:** Dairy products, leafy greens, almonds, salmon, and fortified cereals.
- **Anti-inflammatory foods:** Fatty fish (salmon, sardines), turmeric, berries, walnuts, and olive oil.
- **Protein-rich foods:** Chicken, eggs, lentils, and dairy to support tissue repair.
- **Limit processed foods, sugar, and alcohol**, which can slow healing and increase inflammation.

### Hydration Tips:

- **Drink at least 2-3 liters of water daily** to maintain tissue hydration and reduce joint stiffness.
- **Limit caffeine and alcohol**, which can interfere with bone and soft tissue recovery.

## Home Exercise Prescription

**Follow medical clearance before starting exercises. Avoid aggressive stretching or deep hip movements.**

### Phase 1: Early Recovery (Weeks 1-4, Reduce Pain & Maintain Mobility)

#### 1. Ankle Pumps & Toe Wiggles

- Move the ankle up and down to promote circulation.
- **10 reps, 3 times daily.**

#### 2. Pelvic Tilts

- Lie on your back, tighten your core, and flatten your lower back.
- **10 reps, 2 times daily.**

#### 3. Seated Knee Extensions

- Sit with feet flat, slowly straighten the affected leg, then lower it.
- **10 reps per leg, 2 times daily.**

### Phase 2: Strength & Stability (Weeks 4-8, Once Cleared for Light Weight-Bearing)

#### 4. Glute Bridges (Hip & Core Strengthening)

- Lie on your back, bend knees, and lift hips while squeezing the glutes.
- **10 reps, 2 times daily.**

### 5. **Clamshells (Hip Abductor Strengthening)**

- Lie on your side with knees bent, lift the top knee without moving hips.
- **10 reps per side, 2 times daily.**

### 6. **Standing Hip Abduction**

- Stand tall and lift one leg sideways without tilting the torso.
- **10 reps per leg, 2 times daily.**

## **Phase 3: Return to Activity (Weeks 8+, If Pain-Free & Doctor Approved)**

### 7. **Mini Squats (If Comfortable, Avoid Deep Squats)**

- Keep weight in heels and avoid bending past 45 degrees.
- **10 reps, 2 times daily.**

### 8. **Single-Leg Balance Exercise**

- Stand on one foot for **15-30 seconds**, increasing time as tolerated.
- **Repeat 2-3 times per leg.**

**⚠ Avoid running, jumping, deep squatting, and extreme hip flexion until fully healed (typically 3-6 months).**

## **Helpful Books**

1. *"The Hip Pain Handbook: A Guide to Preventing and Treating Hip Injuries"* - Nicolas Piuizzi, MD
2. *"Rehab Science: How to Overcome Pain and Heal from Injury"* - Tom Walters, DPT

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**Contact a Key West orthopedic clinic or reach out to Dr. Jason Pirozzolo.**