

Post operative handout for hip fracture

**Dr. Roger E. Murken**

ORIF/ CLOSED REDUCTION PERCUTANEOUS FIXATION HIP FRACTURE POST-OPERATIVE GUIDELINES

**WEIGHTBEARING**

You may be 25% weightbearing on the operative extremity for 6 weeks. Typically at 6 weeks post op you will transition to full weightbearing with an assistive device with the help of physical therapy.

**BANDAGES, SUTURES AND X-RAYS**

At your first post operative visit, two weeks postoperative the sutures/staples will be removed. X-RAYS are taken at 2 weeks, 6 weeks and 12 weeks postoperative.

**REHABILITATIVE EXERCISES**

First week: Isometric exercises are begun on the day of surgery as soon as able. Tighten (contract) the muscles of the foot and leg or 20 seconds, relax briefly and repeat. A “set” of isometric contractions is 5. Make an effort to do one set of isometric contractions every two hours of the waking day until ambulating with full weightbearing and without a cast.

Formal physical therapy is prescribed at 2 weeks post op. The physical therapy will emphasize maximizing residual motion, strengthening the lower extremity, and in the later phases of physical therapy, emphasis will be placed on developing maximum smoothness of walking (gait).

**SKIN CARE**

Skin care is to begin when a removable device is used. At that time, soften the skin with Vaseline, vitamin E ointment, or a thick hand lotion like Curel. When using Vaseline, cover the whole foot with a light amount of Vaseline and wipe away any excess. Do 2 or 3 times a day.

**Panorama Orthopedics & Spine Center**

**Contact Information**

*Dr. Roger Murken*

\*This form will help to get you in contact with the correct person/department to help expedite getting your questions/needs taken care of. Please refer to the numbers/contacts below to determine who best could help you with your specific need/question.

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| Department | Reasons to call | Contact Information |
| **Triage**(7am-5pm M-F)\*Excluding Holidays | * Medical questions or concerns that require immediate attention
 | Call: 303-233-1223Ask operator to transfer you to Triage Department |
| **Pharmacy Technician**(9am-5pm M-F)\*Excluding Holidays | * Refills for prescriptions
* New prescriptions

Questions about meds | Call: 720-497-6662 |
| **Appointment Scheduling**(9am-5pm M-F)\*Excluding Holidays | * Schedule follow up appointments and office visits
* Answers questions regarding patient appointments
 |  Call: 303-233-1223Request Appointment scheduling or request ext 6060 |
| **Disability Coordinator**(9am-5pm M-F)\*Excluding Holidays | * Questions and concerns regarding disability/time off work and FMLA paperwork
 |  Call: 720-497-6116Fax: 720-497-6716 |
|  **Pre-Authorizations**(9am-4:30pm M-F)\*Excluding Holidays | * Insurance authorization questions and concerns regarding surgery, bracing, injections and imaging ordered by physician (MRI, CT, ultrasounds, EMG’s). If you haven’t yet been contacted to schedule your procedure, call this line.
 | Call: 303-233-1223Request Pre-Authorizations or request ext 7331 |
|  **Panorama****Physical Therapy** | * Schedule physical therapy appointments
* Questions or concerns for your therapist
 | Golden: 720-497-6616(7am-7pm M-F)Westminster: 720-497-6666(7am-6pm M-F) |

Dr. Murken’s Primary Contact: Ariel

Phone: 303-233-1223 ext 6584

Fax: 720-497-6749

Dr. Murken’s Surgery Scheduler: Kylie

Phone: 303-233-1223 ext 6602

Fax: 720-497-6782

***Please feel free to communicate with us through the Patient Portal via PanoramaOrtho.com/Portal***

It can be used for requesting appointments, prescription refills, access to your medical records, communication with our doctors and their assistant and pay your bills.

*Billing Questions: 303-233-1223 – ask to speak to a Customer Service Representative in the billing department*