

# Precautions for Total Hip Replacement Patients

The following is a list of precautions to keep you from dislocating your hip. Dislocating means moving a part of the body out of its usual position. During your stay at the hospital or surgery center, your therapist and nurses will help remind you of your specific hip precautions. You will follow these precautions until your doctor tells you otherwise (typically for 6 weeks after surgery). Your therapist or surgeon will check the hip precautions that are right for you.

## *Anterior Hip Precautions*

### **Do not turn your knee or foot outward.**

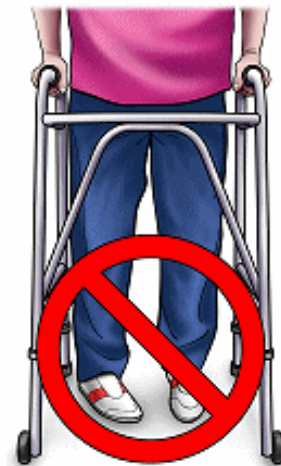
1. Do not walk with your foot or toes turned outward.
2. Do not pivot on your operated leg. Make sure you are picking your feet up and taking small steps to turn.
3. Do not extend your hip backward beyond the neutral position.
4. When backing up, step back with your non-operated leg first.
5. Do not take large steps forward with your non-operated leg.



**Do not bend your operated hip beyond a 90° angle.**



**Do not cross your operated leg or ankle.**



**Do not turn your operated leg inward in a pigeon-toed position.**