

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.

Posterior Hip Precautions

Do not bend your hip past 90 degrees.

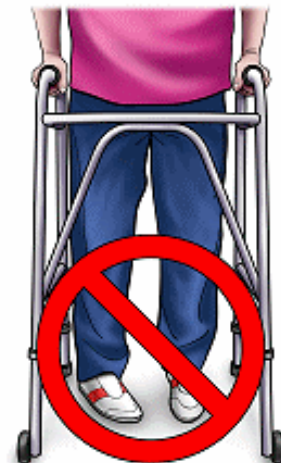
1. Your knees must be lower than your hips while sitting.
2. When going to stand up or sit down, do not lean forward.
3. Do not reach toward the floor to pick up objects or to put on socks or shoes.
4. While sitting, do not reach forward if you must bend at your waist.
5. When sitting in bed, do not lean forward to pull up the covers.
6. Do not sit on a low toilet seat, couch, or chair. Instead use a raised toilet seat or place pillows or blankets on the chair or couch to raise your hips up above your knees. This is also important when riding in a car.
7. Do not turn your knee or foot inward.
8. Do not pivot on your operated leg. Make sure you are picking your feet up and taking small steps to turn.
9. Do not cross your leg past the middle of your body. Do not cross your knees or ankles. You may put a pillow between your knees as a reminder.
10. When sleeping or turning on your side, keep pillows between your knees to keep them from touching each other.



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.