

Hip Precautions after Total Hip Replacement

Posterior Surgery

What are hip precautions?

Hip precautions are instructions about how to move or position your new hip after surgery. These precautions prevent your new hip from popping out of place (dislocating).

Your surgeon or therapist will tell you how long to follow these precautions.

1 Do not bend your hip more than 90 degrees.



Your upper body and thigh should not come closer together than 90 degrees. 

Common examples of bending your hip more than 90 degrees:

- Leaning forward, or bending over
- Lifting your knee to your chest while lying or sitting



When to be careful of this movement:

- Getting dressed (putting on pants, socks, and shoes)
- Standing up from a low chair

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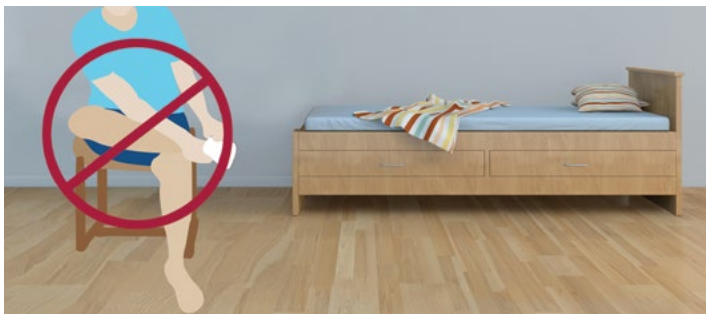
Posterior Surgery



2 Do not turn your surgical leg inward.

Don't let your surgical knee or foot point toward your other leg.

Don't turn your body towards your surgical leg.

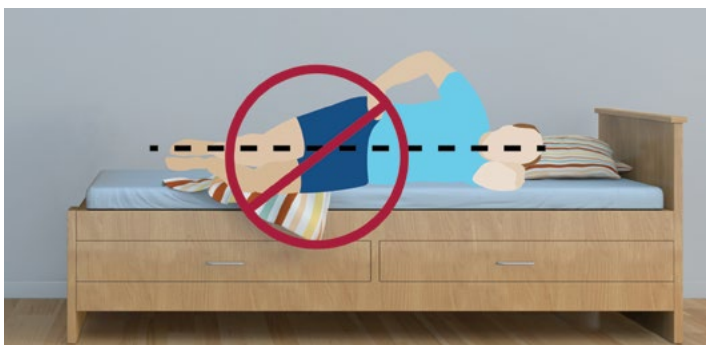


3 Do not cross your legs.

Imagine a line that divides you into left and right sides. Do not let your legs cross that line.

Common examples of crossing legs or ankles too far across midline of body:

- Sitting to dress
- Shifting position in bed
- Crossing your leg while sitting or lying down



This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.

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