

Total Hip Precautions

To care for your new hip and keep it from sliding out of position, you will need to follow a few positioning restrictions. These restrictions are temporary, but should be observed until your doctor allows you to return to normal activity.

1. Do not bend your hip past 90 degrees

- Do not bend down to tie or put on shoes or socks.
- Don't sit on a low chair.
- Obtain a raised toilet seat from a medical supply company.

2. Do not cross your legs:

- Place a pillow or wedge between your legs when sleeping and when lying on your unaffected side.
- Get out of bed moving toward your operated side. Get into bed with unoperated side first.

3. When standing or sitting, slide your operated leg out in front of you. This will minimize the amount of bend taking place at your hip.

4. When turning, pick up your feet and turn slowly. Do not pivot on your operated leg.

5. Do not allow your operated hip to rotate in or out When lying in bed, keep your toes and knee caps pointed straight up toward the ceiling.

Please refer to www.hanaliving.org for more information