

Restrictive posterior hip precautions have become less strict as a result of recent technological advances and improvements in hip implant (prosthetic) design.

Below are the new "hip position" guidelines to adhere to during your healing phase. Please adhere to these guidelines for the first 4 weeks post operatively or follow the instructions from your individual surgeon.

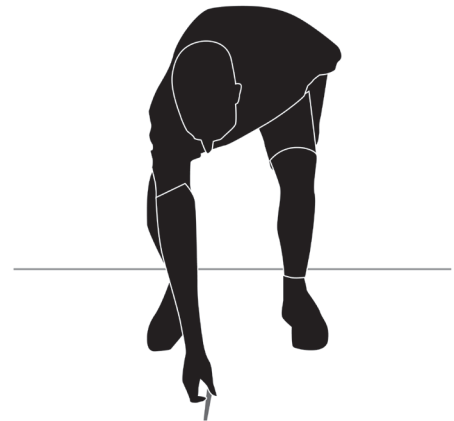
Safe Positions After Surgery



OK – sit in chair of comfortable height

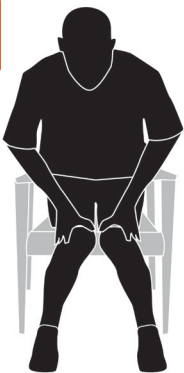


OK to cross your ankle over your knee to put on sock/shoe.



OK to lean forward to pick up object keeping knees shoulder width apart and body between your legs.

Avoid These Positions After Surgery



DO NOT rise from chair or commode with knees touching.



DO NOT reach back behind your leg to the outside of your ankle to shave leg or fix a sock/shoe.

Note to physical therapist:
Avoid combined internal rotation, hip flexion > 90 degrees and adduction.

Below are some frequently asked questions regarding precautions for patients after anterior and posterior hip replacement. Refer to the Orthopedic One Hip Exercise and Instruction Flip Chart and the Hip Position Guidelines Handout for proper instructions. If you have additional questions, please call your surgeons office.

Q *What is the correct sleeping positions for patients with anterior/posterior hip replacement?*

A Sleeping on your back is recommended. Sleeping on the incision or other positions may be uncomfortable, but are not prohibited, unless specified by your surgeon. If you choose to sleep on your side, place a pillow between your knees for comfort.

Refer to the Orthopedic One Hip Exercise and Instruction Flip Chart and the Pose Avoidance Handout for proper instructions.

Q *What are the restrictions as I dress my lower body, are there limitations on how I bend?*

A It is OK to cross your ankle over your knee to put on sock/shoes.

Q *What is the correct way to enter or exit the bath tub after Hip replacement surgery?*

A You may use either leg first to enter or exit the tub.

! **Reminder: DO NOT** take a tub bath, use a swimming pool or hot tub until your surgeon has assessed your incision for complete healing and cleared you to use a tub bath.

Q *What, if any, are the specific degrees for ROM restrictions for external rotation, extension, and adduction?*

A None. **Refer to the Hip Exercise Flip Chart and your physical therapist or surgeon for instructions.**

Q *Are there restrictions on the type of chair or couch I may sit in such as a recliner or deep couch?*

A **DO NOT** sit in a recliner or deep couch or sofa.

Q *What are the specific anterior hip precautions?*

A None - unless specified by your surgeon in your discharge instructions.

Physical Therapist Specific Instructions:

Anterior Approach: No Precautions unless specified by Surgeon

Posterior Approach: Avoid positions that combine flexion, adduction and internal rotation.