



## UNDERSTANDING HIP PRECAUTIONS

Hip precautions are required to prevent the hip from dislocating. Note: Hip precautions care based the type of hip replacement procedure and may not apply to all hip replacement procedures. Therapists and nurses will teach you hip precautions. Avoid any movement where your knee is brought above the hip and or across the middle of your body. Hip precautions require few modifications of daily activities and are designed to prevent any movements or positions that might cause your recent implant to dislocate.

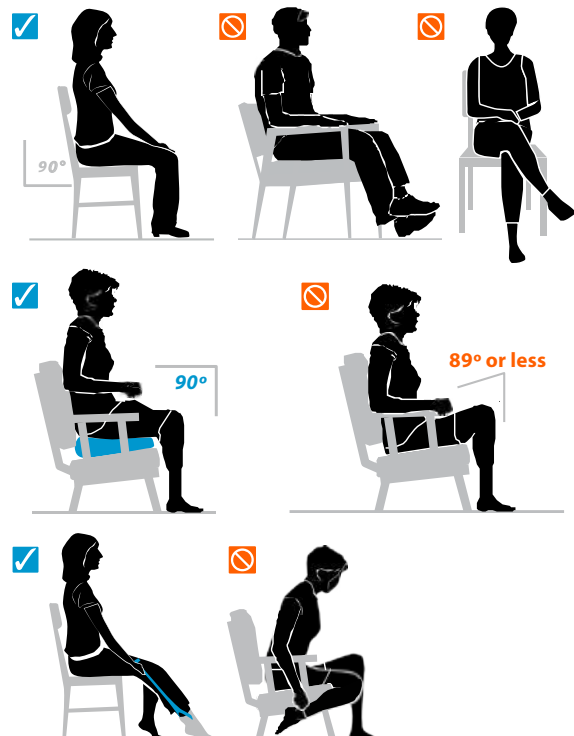
Precautions are more stringent the first month. Your surgeon will provide specific instruction on when you may modify your hip precautions at your first post op visit. After the first month common sense should prevail.

These hip precautions are designed to prevent any movements or positions that might cause your recent implant to dislocate.

**At your post op visit, your surgeon will provide instructions regarding how long hip precautions must be followed. In general, hip precautions must be strictly followed for 4 to 6 weeks after surgery.**

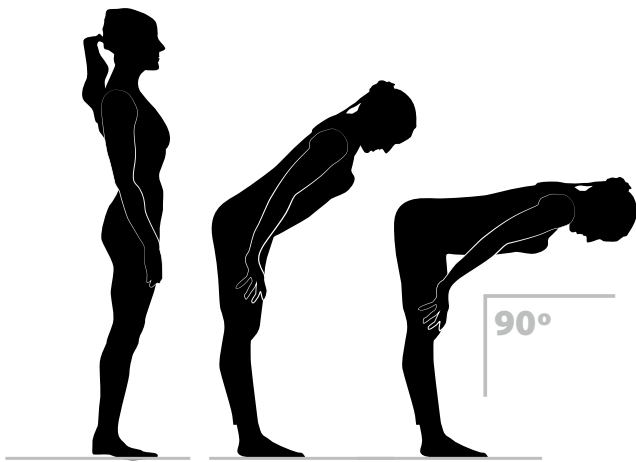
### HIP PRECAUTIONS WHILE SITTING

- Hips should **always** be higher than your knees.
- Use your **hip cushion** when sitting to improve comfort and to improve hip/knee angle to maintain precautions. (You will receive a hip cushion after surgery.)
- DO sit with feet flat on the floor with legs aligned.
- Do not cross your legs at the knees or ankles.
- Do Use **sock aid** to safely put on compression stockings and socks. (Adaptive Equipment Package)
- When seated do not twist at the waist or hip to pull up your socks or putting shoes on or off.
- Do not sit with your hips lower than your knee. This can be prevented by using a seat cushion.
- Sitting in a recliner is NOT permitted for hip replacement patients during the first four weeks.

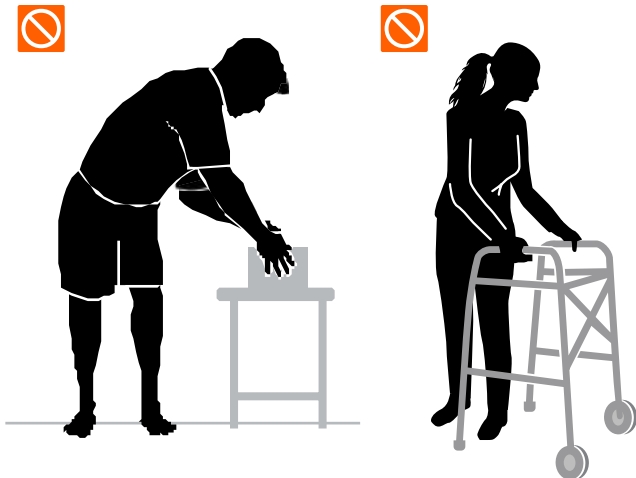


## HIP PRECAUTIONS WHILE STANDING WHAT IS 90 DEGREES AT MY WAIST?

- With your elbows extended and palms resting on your thighs bend at your waist while sliding your hands along your thighs until your palms reach the level of your kneecap with your elbows fully extended. That is roughly 90 degrees at your waist.



- Do not twist at the waist.



## HIP PRECAUTIONS WHILE SLEEPING

- Do not sleep on your side or stomach. Sleep only on your back.



- When in bed, do not reach for covers at the foot of the bed.

