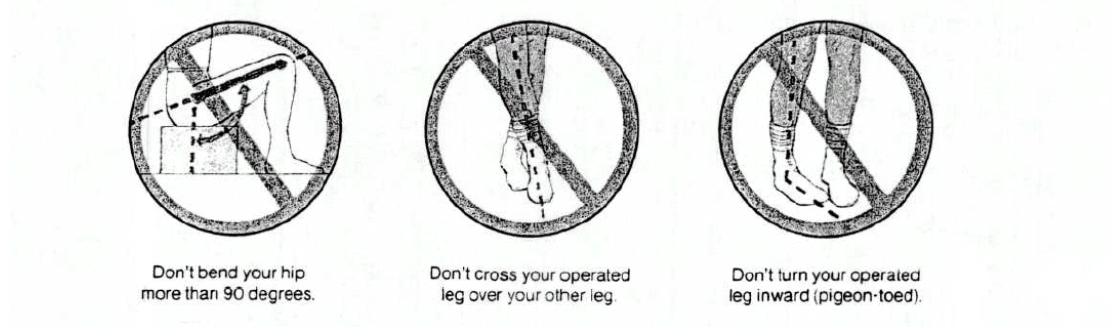


## Hip Precautions- First 6-12 Weeks

The muscles, tendons, and ligaments surrounding a total hip replacement provide stability to the ball and the socket. These tissues require time to heal after surgery. Therefore, positions that will stress these muscles and ligaments are restricted following surgery. The object of these restrictions is to prevent the hip from separating or dislocating.

It is important to avoid three basic positions:

1. Extreme bending or flexion of the hip beyond 90 degrees
2. Crossing Legs
3. Turning the operated hip inward toward the center of your body.



For the first 6 weeks you must:

- use an elevated toilet seat
- avoid sleeping on your stomach
- avoid sleeping on the operated hip
- place pillows between your legs when sleeping on your back or uncooperative side
- avoid crossing your legs at any time
- avoid sitting on low chairs or couches- sit only in chairs with arms where your knees remain lower than your hips
- avoid leaning forward while sitting
- avoid flexing your hips more than 90 degrees or rotating your foot and leg inward
- avoid picking up objects from the floor or bending to put on your socks and shoes.
- driving is prohibited for the first 6 weeks or until off pain medication and walking without a cane



Correct position for donning shoe with right hip replacement