

Precautions for Total Hip Replacements and Hemiarthroplasties

You must follow these precautions for at least 3 months after your surgery. If this is a hip revision, you must follow them for 8 -12 weeks. Ask your orthopedic surgeon at your follow-up visit (approximately 6 weeks post-op) if it's safe to resume your normal activities, as he/she may want you to follow the precautions for a longer period of time.

1. Do not bend your operated hip more than 90°

- do not bend down to pick up items off the floor, in low cupboards/shelves or on low drawers.
- do not reach down to the end of your bed to pull up your covers.
- do not lean forward when sitting, e.g. to bathe or dress below your knees.
- do not sit on low chairs, low stools, low toilets or soft couches.
- do not elevate your operated leg on a footstool, or a lazy boy chair.

You should:

- use your reacher to obtain items from low areas, have someone else get them for you, or rearrange cupboards and drawers so that frequently used items are within reach to avoid bending.
- use dressing aids and a long handled sponge to dress and bathe below your knees (or have someone help you with bathing and dressing).
- sit on a firm chair with armrests and place one to two pillows on the seat.
- use a RTS or commode chair over toilet.
- make sure your hips are higher than your knees when sitting.
- sit with your feet on the floor, or with operated leg extended forward.

2. Do not cross your legs.

- do not cross at the ankles or the knees.
- do not cross right leg over left leg, or left leg over right leg.
- do not push your shoe off with your other foot.

You should:

- keep your legs at least 6" apart.
- keep a pillow between your legs in bed when lying on your back or non-operative side.
- use your reacher to take off your shoes.

3. Do not turn the knee of your operated hip inward.

- do not sleep with your operated leg turned inward when lying on your back.
- do not tuck in top sheets at foot of bed.
- do not pivot on your operated leg when standing.
- when sitting do not twist at your waist (e.g. to reach for something behind you).
- when sitting or lying do not over reach for items, whereby one buttock is not in contact with the chair or bed.

You should:

- lie with the knee of your operated leg pointing upward (when lying on your back); i.e. keep the surgery leg in line with your trunk.
- keep top sheets loose at foot of bed.
- use your reacher to obtain items that are out of reach.

DO NOT CROSS YOUR LEGS



DO NOT TWIST



DO NOT BEND FORWARD

