

Hip Precautions for a Total Hip Replacement

What are hip precautions and why are they important?

- Hip precautions are ways of moving around that help prevent hip dislocation or separation of the new joint until the joint has time to heal
- You **MUST** follow your hip precautions until your doctor clears you from them
- Hip precautions are important because they prevent dislocation of your new hip while it heals
- Hip precautions are used to keep your hip joint in safe positions that will prevent dislocation by keeping the ball from pressing against the healing tissue

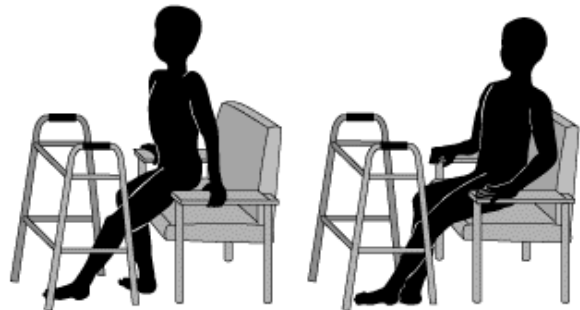
1) Do not bend your operated hip beyond 80 degrees

- Do not raise your knee higher than your hip
- Do not sit on sofas or low chairs...put cushions down first
- Use an elevated toilet seat
- Do not lean forward while sitting

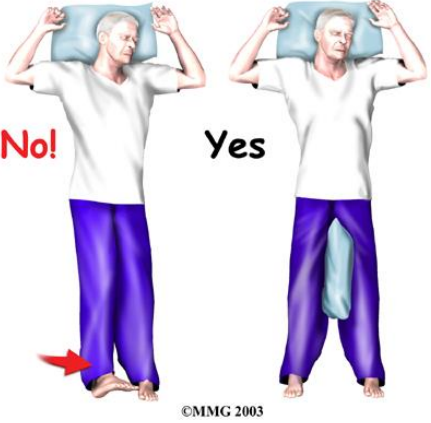


To stand up/sit down:

- When sitting, back up until chair is touching behind your legs. Reach back for the armrest and slide operated side out in front of you. Do not lean forward as you sit. When standing, slide out operated side first, then raise up









2) Do not allow your legs to slouch or cross

<ul style="list-style-type: none"> • Keep a pillow or abduction wedge between your legs while you lie down • Keep your legs 3 to 6 inches apart while sitting or use your wedge or pillow • Put a pillow between your legs when you lie on your side 	
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Restrictions to Prevent Dislocation






You must not flex your leg above 80 degrees:

	SAFE	UNSAFE
When sitting, keep knees below hip. Do not lean forward		
When stooping, bend one knee. Never squat		
When reclining with both legs straight, lean back on hands. Never lean forward		

Home Exercise Program

Walking is the best exercise for a patient with a total hip replacement

In addition to walking try these exercises at least 3 sessions per day:

1) Ankle Pumps/Circles	Point your toes towards the foot of your bed, and then point them towards your knee. Repeat. Rotate foot counterclockwise, then clockwise 2 X 15 for each	
2) Quad Sets	Make a muscle with your quad as you push the back of your knee into the bed/mat. Hold for 5 seconds X 15	
3) Glut Sets	Squeeze buttocks together Hold 5 seconds X 15	
4) Heel Slides	While keep your foot on the bed, slide heel up towards you butt while bending your knee 2 X 15	
5) Knee Extension	Place a towel roll under your knee, raise leg up while keeping back of the knee on the towel roll 2 X 15	

If you have any more questions about hip precautions consult your doctor or please refer to:

<http://www.hipsandknees.com/hip/hipexercises.htm> for more information.