

## Hip Precautions After a Hip Replacement

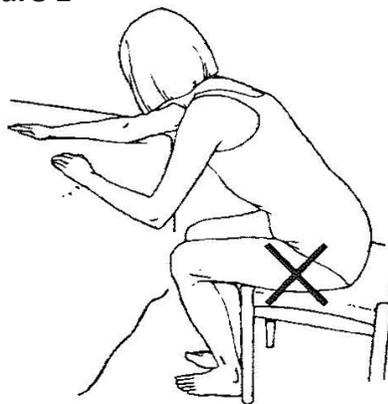
This brochure will help you learn how to protect your hip replacement by following hip precautions (movements to avoid). It is important to keep your hips in a safe position at all times.

### Limit hip flexion

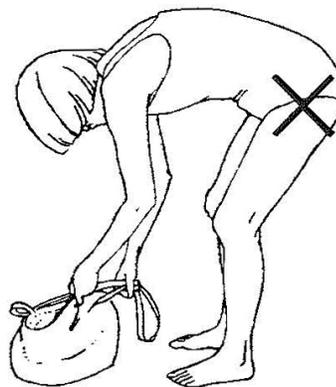
Do not bend forward at your hips or bring your knees up to your chest beyond a 90-degree angle while standing, sitting or lying down (Figure 1). This means that you should not try to pick up anything off of the floor (Figure 2).

*If you have any questions, please ask your occupational therapist.*

**Figure 1**

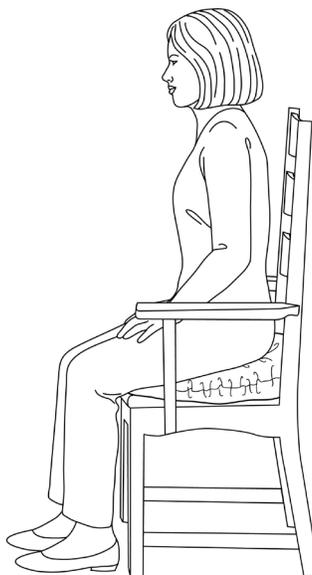


**Figure 2**



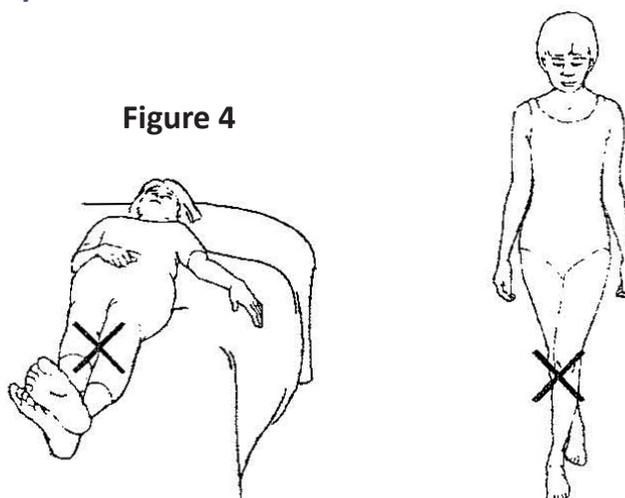
Your knees should be below your hips when sitting. Keep your shoulders at or behind your hips (Figure 3).

**Figure 3**



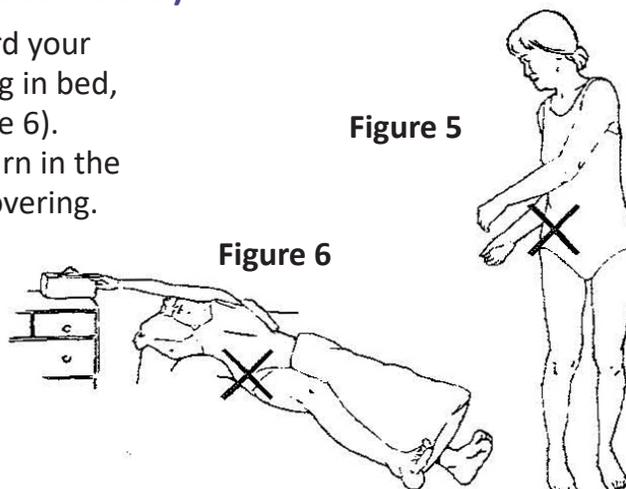
## Keep your legs apart (no adduction)

Do not cross your legs (Figure 4). Keep your legs apart at all times. Imagine there is a line running down the middle of your body. Keep your legs from crossing over it when you are standing, sitting or lying down. Use a pillow to keep your legs apart in bed.



## Do not twist your body (no trunk rotation)

Do not twist your body (trunk) toward your recovering side (Figure 5). When lying in bed, do not reach across your body (Figure 6). When standing, move your feet to turn in the direction of your side that is not recovering.



## Do not turn your recovering leg inward (no internal rotation)

Do not twist your recovering leg inward (“pigeon toes”) (Figure 7). Keep your foot pointed forward or out to the side. This also applies when you are lying in bed. You may use a towel roll or pillow to keep your leg from rolling inward.

