

## HIP REPLACEMENT PRECAUTIONS

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After surgery, you may have precautions in place to protect your hip for the first few weeks when it comes to bending, reaching sitting and twisting. Each surgeon as a preference for postoperative precautions and will explain these to you. The hip precautions below are general precautions following hip replacement surgery.

### Posterior Hip Precautions

- Avoid bending more than 90 degrees at the hip while sitting or standing
- Avoid crossing your legs at the knee or ankle when sitting
- Do not cross your legs at the knee when standing
- Do not plant your feet and twist your hip when turning



### Anterior Hip Precautions

- Do not step backwards or extend your surgical leg behind you
- Do not pivot on your surgical leg
- Avoid turning your leg outwards when standing
- Avoid crossing your legs at the knee or ankle when sitting



**HELPFUL TIP!** Use a device like a reacher when possible.