

Total Hip Replacement Fitness Program - Hip Precautions and How to Follow Them

NOTE: Your surgeon will give you specifics on your precautions - follow these above all else. Ask your surgeon how long you should follow these precautions (typically 6-12 weeks).

Precautions:

Posterior Approach:

1. No bending or hip flexion past 90 degrees
2. No crossing legs or adduction past neutral
3. No twisting or internal rotation

Anterior Approach:

1. No bringing leg backwards or extension
2. No twisting or external rotation

How to avoid breaking precautions:

1. Getting dressed - Use adaptive equipment; reacher, long handled shoehorn, elastic shoelaces, sock aid. Tip - Dress your surgical leg 1st and undress it last.
2. Standing up/sitting down - Avoid low seats, rockers, and soft sofas that make you bend beyond precautions. Use firmer chairs with armrests, and slide to edge of seat prior to standing up.
3. Bathing and toileting - Use a long-handled sponge to prevent twisting. DO NOT sit in bathtub - stand or use shower seat/bench. May need to use a raised toilet seat or a commode over toilet to prevent bending too far.
4. Stairs - Perform steps one at a time and go up the stairs with NON-OPERATIVE leg first and downstairs with OPERATIVE leg first.
5. Sleeping - Do NOT sleep on surgical side. If sleeping on side, place pillows between your knees or use an abductor wedge to keep legs apart.
6. In/out of bed - Use a leg lifter and maintain a "neutral" hip position.
7. Walking - Use an assistive device if necessary. Take small steps when turning to avoid twisting and breaking precautions.