

Total Hip Replacement – Anterior Approach Precautions



 **PRESBYTERIAN**

STANDING PRECAUTIONS



Do not step backwards with your surgical leg or extend your surgical leg behind you.



Avoid turning your leg outwards when standing.



Do not pivot on your surgical leg.



Avoid crossing your legs at the ankles when standing.



When turning, pick your feet up and move your entire body.



Keep your knees and toes pointing straight ahead when standing and walking.

Check with your surgeon regarding the length of time you should follow hip precautions after your surgery.

DO NOT:

- Do not step backward or extend your surgical leg behind your body.
- Do not rotate your surgical hip outward lying, sitting, or standing.
- Do not actively bring your surgical leg out to the same side.

DO:

- When walking, lead with your surgical leg.
- Continue doing your hip-replacement exercises.
- Follow all hip-replacement precautions given to you by your surgeon until he or she tells you it is okay to stop.

(continued on back)

SITTING PRECAUTIONS



Avoid turning your leg outwards when sitting.



Do not cross your legs at the knees when sitting.



Do not cross your legs at the ankles when sitting.



Keep your knees and toes pointing straight ahead.

LYING PRECAUTIONS



Avoid turning your leg outwards or crossing your legs when lying down.



Do not use your own muscle power to move your surgical leg out to the side, such as when getting out of bed.



Use a leg lifter to move your surgical leg out to the side when getting out of bed.



Do not lift your buttocks up when lying on your back (called bridging).



Avoid lying face down on your stomach.



To sleep, lie on your back with a pillow under your knees or lie on your side with two pillows between your legs.