

Hip Precautions

1611 W. Harrison Street, 3rd Floor, Chicago, IL 60612
312.432.2466 (o) 708.409.5179 (f)

1. *Avoid flexing (bending) your hip more than a 90° angle.*



Correct

2. *Do not cross your legs or bring them too close together. Try to keep your feet approximately shoulder-width apart. Your surgical leg should not cross the midline of your body.*



Correct



Incorrect



Incorrect



3. *Avoid excessive rotation of your leg, either in or out. When lying down, sitting or walking, try to keep your knees and toes pointing straight ahead.*

In a lying down position

- Keep your feet pointing up toward the ceiling
- Do not allow your feet to roll in or out

Getting in and out of bed

- Do not twist your trunk
- Keep your legs in line with your body
- If possible, keep your body upright throughout the movement

Positioning Recommendations

These are additional suggestions to help you care for your new hip:

Avoid sitting for long periods. If you intend to sit for a significant length of time (either in a chair or a car), it should not be with your surgical leg in a hanging down position. Instead, you should try one of two things:

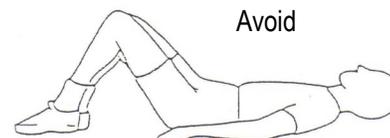
- Elevate your leg on the surgical side
- Stand up and walk around periodically (at least hourly)

This is important to minimize swelling in your lower leg and the possibility of developing blood clots.

As much as possible, keep your legs flat when lying in bed in order to stretch out tight hip muscles.

Your muscles may feel sore initially, but this is usually easier to tolerate if you actively contract and relax your muscles (do your quad sets and gluteal sets). If your lower back bothers you in this position, put a small towel roll under your back for support.

This position (see figure) with or without a pillow may feel more comfortable, but it will not allow your tight hip muscles to stretch out. Try not to stay in this position for prolonged periods of time.



Avoid