



ADVANTAGE ORTHOPAEDICS, PC

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SEXUAL ACTIVITY FOLLOWING HIP REPLACEMENT

Many patients are concerned with the safe positions for sexual intercourse after hip replacement. In general, positions that do not adhere to hip precautions increase the risk for dislocation of the hip replacement.

Safe locations of the hip are:

LESS THAN 90° OF BENDING

NO INTERNAL ROTATION (TURNING THE HIP INWARDS)

NO ADDUCTION (BRINGING THE KNEES TOGETHER).

The following diagrams demonstrate safe and unsafe sexual positions.

ACCEPTABLE POSITIONS FOLLOWING TOTAL HIP REPLACEMENT

Patient on the Top Partner on the Bottom



Patient on the Bottom Partner on the Top



PILLOWS CAN BE USED UNDER THE KNEES FOR SUPPORT AND COMFORT

Patient Sidelying with Operated Leg on Top



Standing position for Both the Patient and Partner





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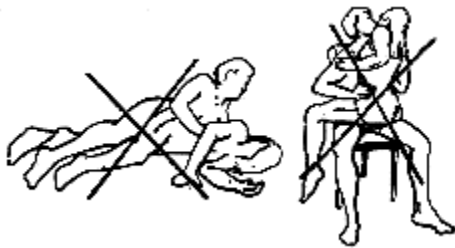
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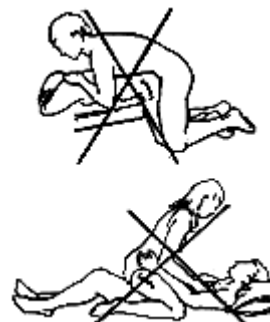
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UNACCEPTABLE POSITIONS FOLLOWING TOTAL HIP REPLACEMENT

Too Much Hip Adduction and Rotation



Too Much Hip Flexion



SEXUAL CONCERNS FOLLOWING TOTAL HIP REPLACEMENT

INTRODUCTION

The following was designed to provide information related to concerns that patients and their partners may have following hip surgery:

WILL I BE ABLE TO RESUME SEXUAL RELATIONS NOW THAT MY HIP HAS BEEN REPLACED?

The vast majority of patients are able to resume safe and enjoyable intercourse after hip replacement. Patients with impaired sexual function caused by preoperative hip pain and stiffness usually find that after surgery their hips are pain free and have better motion. However, it may take several weeks before you are comfortable with your own hip.

WHEN CAN I RESUME SEXUAL INTERCOURSE?

In general, it is safe to resume intercourse approximately four to six weeks after surgery. This allows time for the incision and muscles around your hip to heal. However, the exact time varies greatly. Some patients who have rapid postoperative recuperation are able to resume sooner, provided there is no hip pain.



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WHAT POSITIONS ARE SAFE FOR ME DURING INTERCOURSE?

Total hip replacement precautions need to be observed during all activities of daily living, including sexual intercourse. The staff instructed you on the precautions that you should follow for your everyday activities. You should avoid excessive hip flexion, adduction and internal rotation as advised in the discharge therapy instructions.

WHAT SHOULD I TELL MY PARTNER?

Good communications between you and your partner is essential and you may want to share this information with your partner. In addition, you can discuss the hip precautions that have been taught to you by the staff.

CONCLUSION:

It is hoped that by reading this information some of your concerns and questions dealing with sexual activity after hip replacement surgery will be answered. If you still have questions, please feel free to ask your surgeon, physical therapist, or the nursing staff.

Adapted from UPMC, University of Pittsburgh Medical Center, Pittsburgh, PA, patient brochure, 1-1-04.