Total Hip Replacement Precautions

Weight-bearing status:_____________________________

Continue to use the following guidelines until your doctor tells you otherwise.

In general:

Avoid bending past 90 degrees.
Avoid twisting your leg in or out.
Avoid crossing your legs.

Lying

• Lie on your back while resting in bed. Keep a pillow between your thighs to prevent your knees from touching.

• You must have a pillow between your thighs if you lie on your side.

Transfers

• Scoot to the edge of the bed or chair before standing.

• Keep your involved leg in front of the other when getting up from a chair or bed.

• Avoid low beds.

Sitting

• Sit in chairs higher than knee height.

• Sit in a firm, straight-back chair with arm rests.

• DO NOT sit on soft chairs, rocking chairs, sofas, or stools.
Walking

- Continue to use your walker, crutches, or cane until your doctor tells you otherwise.

- Wear well-fitting shoes with non-skid soles.

- Get up and move around every hour. Take short, frequent walks.

- Be careful on uneven ground or wet surfaces.

- Maintain your weight-bearing status as instructed until your doctor or therapist tells you otherwise.

- Avoid pivoting on your operated leg. Take small steps when turning.

Toileting

- Use a raised toilet seat at or above knee height.

- Avoid twisting during personal hygiene.

Bathe

- Take sponge baths or purchase a tub bench. You may use a walk-in shower.

- DO NOT bend or reach for the tub controls.

- DO NOT bend or squat to wash your legs and feet. Use long-handed equipment to reach them.

- DO NOT sit in the bottom of a regular bathtub; use a tub seat or bench.

Dressing

- Use long-handed equipment to get dressed.

- Sit down when passing clothing over your feet.

- DO NOT bend over, raise your legs, or cross your legs when you get dressed.
### Household chores
- Use long-handled reachers, mops, brooms, or dustpans to do simple chores that would involve bending, stooping, or twisting (such as washing floors, dusting low tables, or making beds).
- **DO NOT** bend to pick up objects from the floor. Use a long-handled reacher.
- **DO NOT** run the vacuum cleaner or sweeper.
- Use a rolling cart to transport items.
- Place commonly used items above knee level or on the top shelf of your refrigerator.
- Slide items along the kitchen counter.
- Sit while preparing food.

### Riding in a car
- **DO NOT** drive until your doctor says you may.
- **DO NOT** enter your car while standing on a curb or step.
- **Avoid** long car rides. Get up and walk around every two hours.
- **Avoid** cars with deep bucket seats or low seats. Sit on a pillow to raise the seat height.

### Sexual relations
**Do not** feel that you have to avoid sexual relations. You do need to take certain precautions concerning your position. Discuss this with your doctor or therapist.