

## Safe sexual positions for hip surgery patients

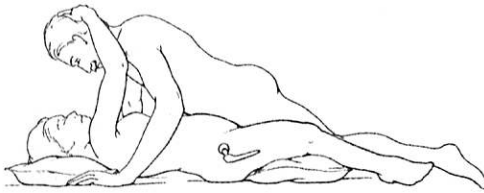
If you've had total hip replacement surgery, you need to follow some basic advice about how to protect your hip joint. The following information will help you identify sexual positions that are comfortable and that can reduce your risk of injury.

### General guidelines

- ◆ Don't bend the affected leg more than 90 degrees at the hip.
- ◆ When lying on your back, don't turn or roll your affected leg toward the other leg.
- ◆ Don't turn the toes of the affected leg inward.
- ◆ When lying on your side, keep both legs separated with pillows between them. Don't let your knees touch and don't let the toes of your affected leg turn downward.

### Recommended sexual positions

#### Bottom position for the male or female patient



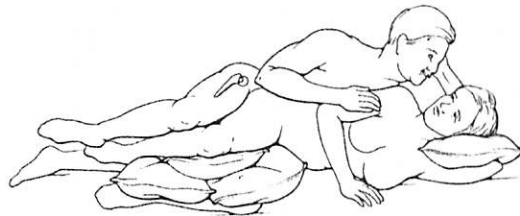
Place one or two pillows under your affected thigh for support and comfort and to reduce friction on your skin, which may still be healing. Keep the toes of your affected leg pointed upward and slightly outward—but never inward.

#### Top position for male patients only



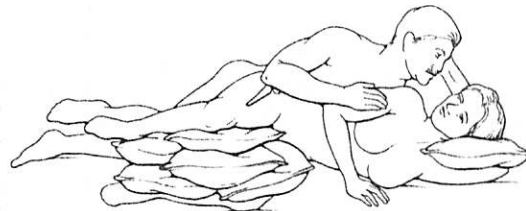
Don't bend your affected hip more than 90 degrees while getting into position. Keep your affected leg out to the side with your toes pointed slightly outward. (Female patients: Don't assume this position because it will require that you bend more than 90 degrees at the hip.)

#### Side-lying position for the male patient



Lie on your unaffected side. Both you and your partner should face the same direction. You should be behind your partner in a "spooning" position. Your partner should place at least two pillows between her legs and your affected leg should rest on top of hers during intercourse. Don't bend your affected leg more than 90 degrees, and *don't* let the toes of your affected leg dangle or turn downward.

#### Side-lying position for the female patient



Lie on your unaffected side and place enough pillows between your legs to support the affected leg. Make sure the affected leg doesn't drop off the pillows during intercourse. Your partner should assume the spooning position behind you. Don't bend your affected hip more than 90 degrees, and don't let the toes of your affected leg turn downward.

**Caution:** *If you dislocate your hip during sexual intercourse, you will experience pain, your affected leg will appear shorter, and your foot will turn inward. Lie down, don't move, and tell your partner to call an ambulance.*

**Source:** Whittington, F. W., Mansour, S., & Sloan, S. L. (2001). *Sex after total joint replacement*. Atlanta: Media Partners.