

Follow these precautions
for 3 months
after surgery

PROTECT YOUR NEW HIP

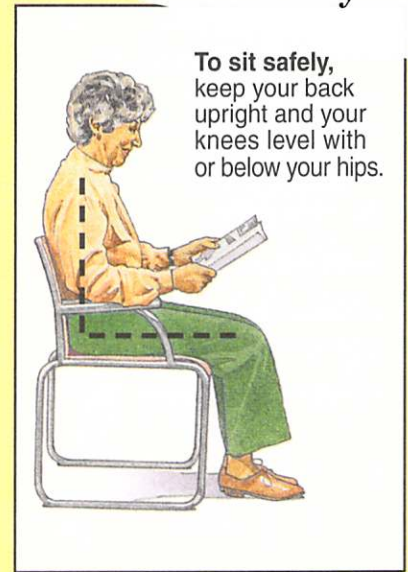
After your total hip replacement, your new hip will have a limited range of motion. Until it is fully healed, protect your new joint by using the tips on this sheet.

Sit Down Safely

- Always choose a chair with a firm seat and armrests.
- Back up to the seat until its front edge touches your leg.
- Using the armrests to support your weight, lower yourself into the seat. Then slide back in the chair.

Avoid Risky Movements

At first, some movements may strain your new hip. This could cause the ball to slip from its socket. Until your hip has healed, avoid the risky moves shown below.



⊘ DON'T let your knee cross the midline of your body.



⊘ DON'T plant your foot and twist your upper body.



⊘ DON'T bend over from the waist.



Instead, sit with both feet on the floor, keeping your knees 6 inches apart.



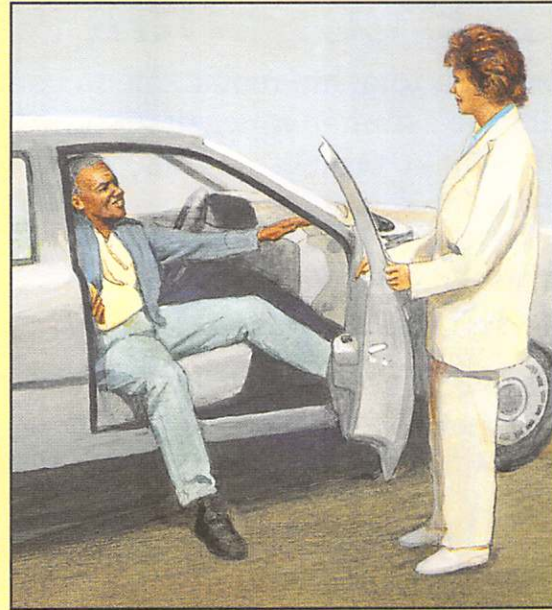
Instead, move your feet to turn your body.



Instead, use a device, such as a long-handled grasper, to reach down.

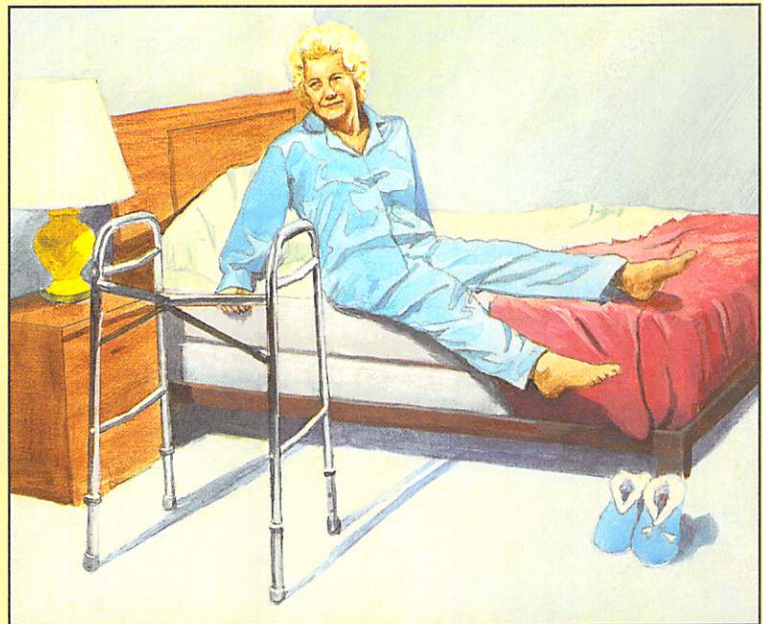
Getting In and Out of a Car

- Move the car seat all the way back, so you'll have as much legroom as possible. If the seat is low, sit on a firm pillow to raise your hips above your knees.
- To get into a car, lower yourself onto the seat edge.
- Slide back onto the seat.
- Without twisting your body, bring your legs around in front of you.
- Reverse these steps to get out of a car.



Getting Out of Bed

- Get out of bed on the side closest to your new hip, if you can. Even if you can't, still follow the steps below.
- Use your elbows and hands to raise your upper body off the bed.
- Moving your entire body as one unit, swing your feet around to the floor. Keep your body straight. Do not twist your new hip.
- Sit on the edge of the bed. Place the leg with your new hip out in front. Push down on your good leg to stand.



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