Total Hip Precautions: Bedside Reference

After you have hip replacement surgery, you will need to be careful how you move your hip. Your new hip has limited range of motion right after surgery. These precautions protect your new hip from sliding out of position or dislocating while the muscles heal. Follow these hip precautions to protect your new hip joint and allow for healing.

General precautions

- **Do not bend** your upper body at your waist forward more than 90 degrees.

- **Do not turn your hip** all the way inward or outward.

- **Do not cross** your operative leg (hip surgery side) over your other leg at the knees.
• **When sitting, your knees must be lower than your hips.**
  ‣ Sit on a pillow to keep your hips higher than your knees.
  ‣ Do not lift your knee on the new hip side higher than your hip when sitting.

• Ask your doctor if you need to use an elevated toilet seat at home.

• **Do not lay on your stomach and lift your leg up.**
  This causes your hip to be hyperextended.

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**Talk to your doctor or health care team if you have any questions about your care.**

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail [health-info@osu.edu](mailto:health-info@osu.edu).

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