

Total Hip Replacement Precautions (Anterior Approach)

Weight-bearing status: _____

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

In general:

Avoid extending your leg behind you.

Avoid twisting your leg in or out.

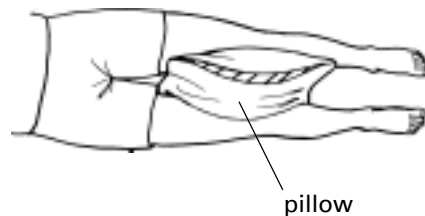
Avoid crossing your legs.

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

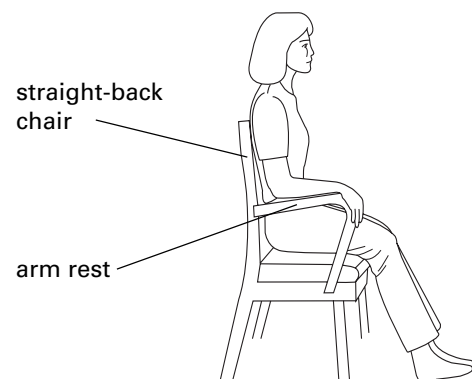
- Scoot to the edge of the bed or chair before standing.



- Keep your affected 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.
- For your comfort, **avoid** sitting on soft chairs, rocking chairs, sofas, or stools.
- For your comfort, and to make it easier to get up, choose firmer, higher chairs.

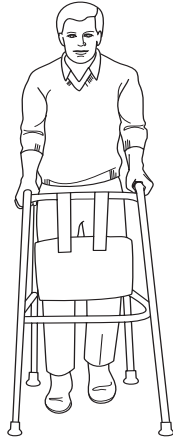


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TOTAL HIP ANTERIOR

Walking

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



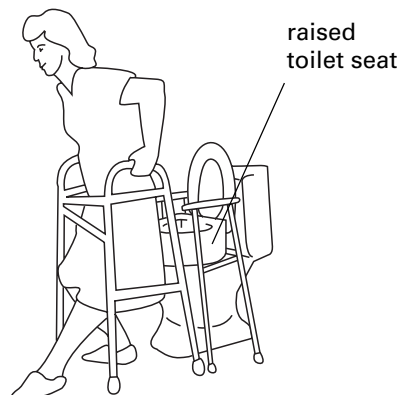
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- Wear well-fitting shoes with non-skid soles.
- Get up and move around every hour. Take short, frequent walks.
- Be careful on uneven ground or wet surfaces.
- Maintain your weight-bearing status as instructed until your doctor or therapist tells you otherwise.
- **Do not** pivot on your affected leg. Take small steps when turning.

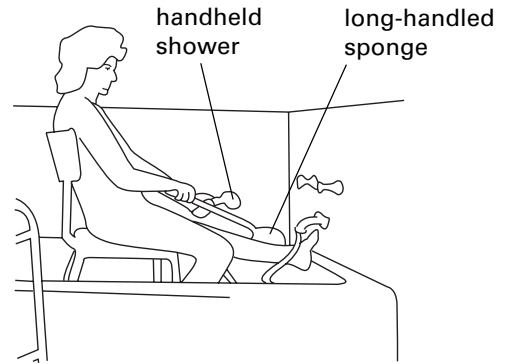
Toileting

- Use a raised toilet seat that is at or above knee height.
- **Avoid** twisting during personal hygiene.



Bathing

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



- **Avoid** bending or reaching for the tub controls.
- **Avoid** bending or squatting to wash your legs and feet. Use long-handled equipment to reach them.
- **DO NOT** sit in the bottom of a regular bathtub; use a tub seat or bench.

Dressing

- Use long-handled equipment to get dressed.

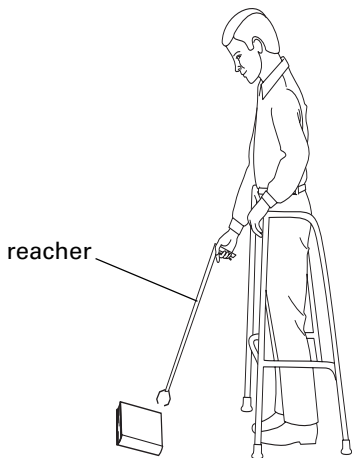


- Sit down when passing clothing over your feet.
- **Avoid** bending over and raising your legs when you get dressed.

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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).
- **Avoid** bending to pick up objects from the floor. Use a long-handled reacher.



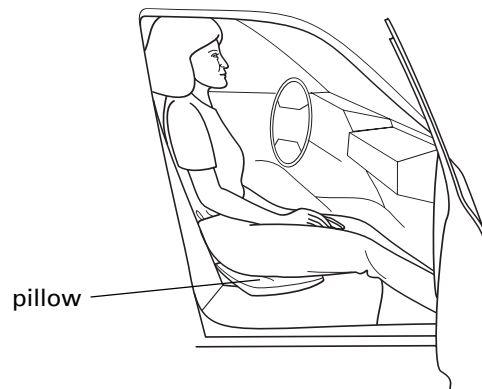
- **DO NOT** run the vacuum cleaner or sweeper.
- Use a rolling cart to transport items.



- Place commonly used items above knee level or on the top shelf of your refrigerator.
- Slide items along the kitchen counter instead of trying to carry them.
- 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 2 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.

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