

## Hip Precautions Following Total Hip Replacement

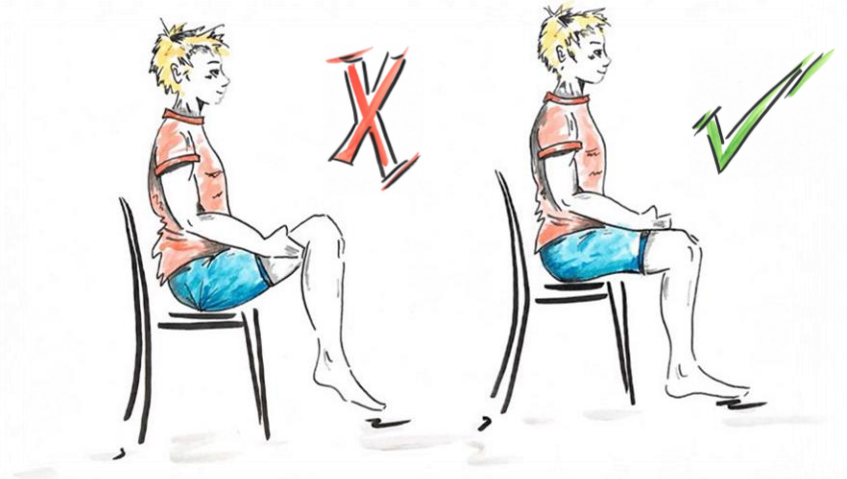
Information for patients

### Introduction

Following a Total Hip Replacement the muscles and tissues around your hip need some time to heal, for 12 weeks after your surgery you are at more risk of your hip dislocating. To reduce this risk you will need to avoid certain movements, these are known as hip precautions.

### Precautions

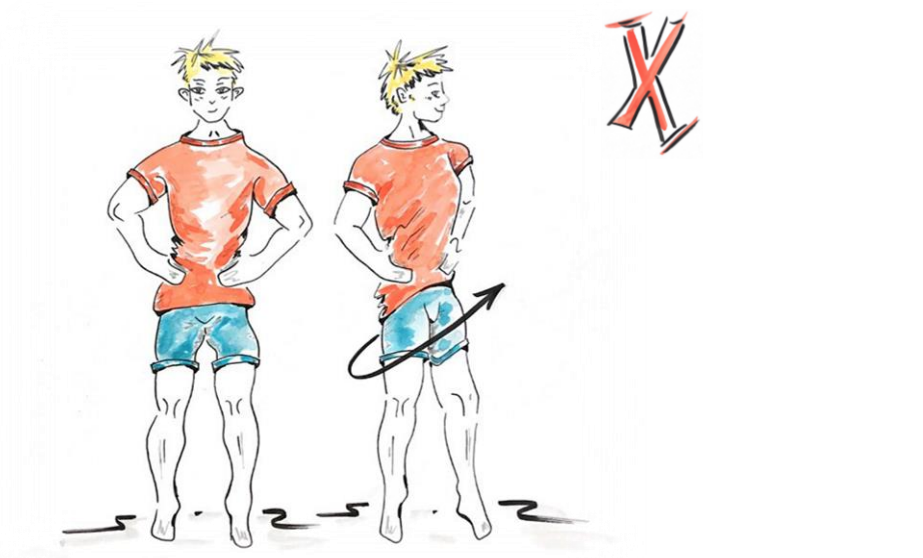
You **should not** bend your hip more than 90 degrees, eg. Don't bring your knees up to your chest and don't bend down to touch your toes.



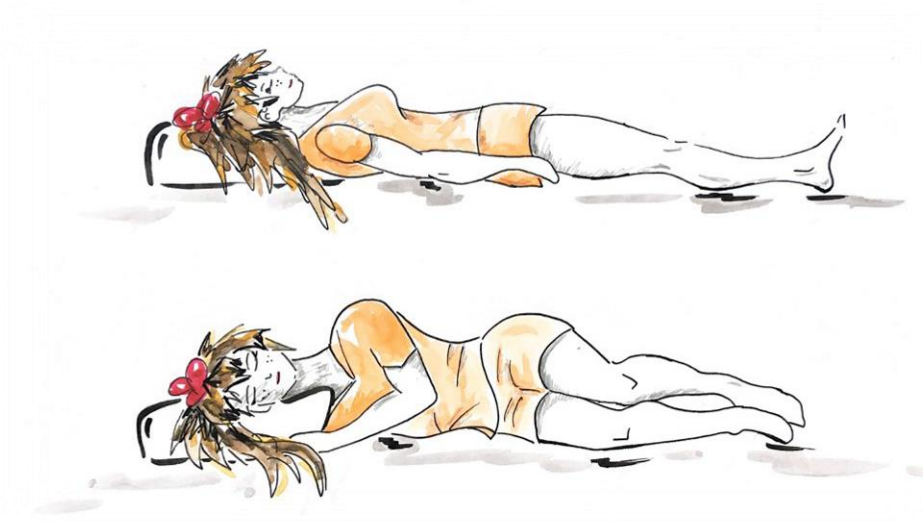
You **must not** cross your operated leg across the other.



You **must not** twist on your operated leg.



You **should** sleep on your back and avoid lying on your sides.

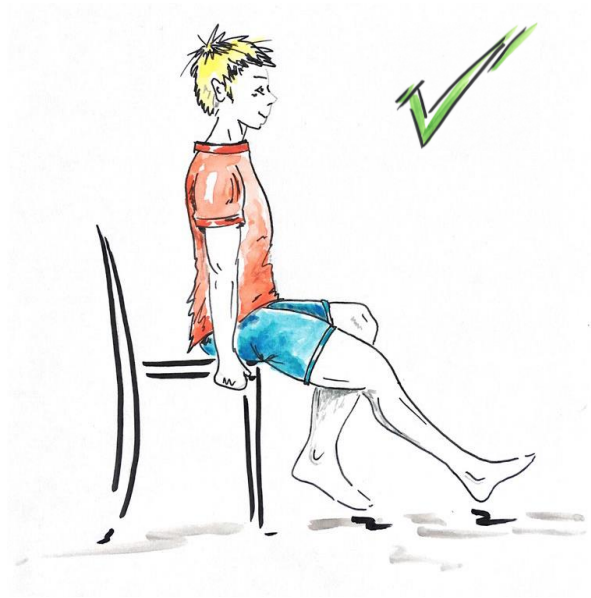


## Putting your precautions into action

Before your operation the Occupational Therapist (OT) and Physiotherapist (Physio) will practice how to put these precautions into your daily life.

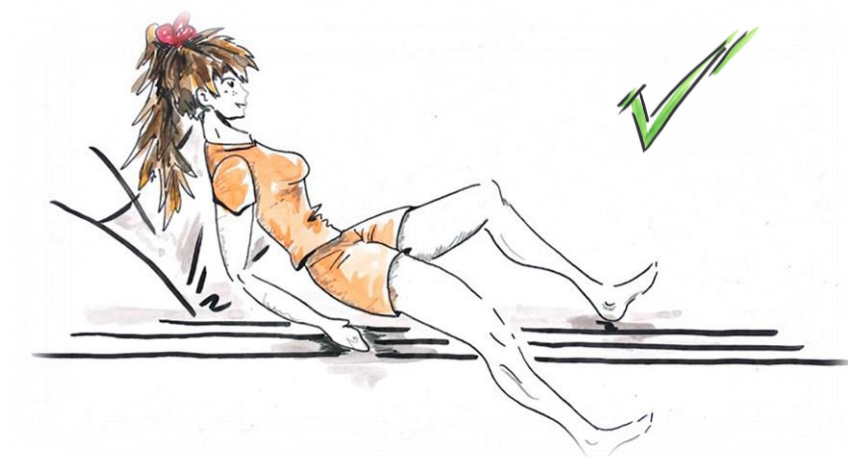
### Sitting

The OT will measure and show you the ideal height for a chair, when sitting your knees should be lower than your hips. To get out of a chair, bring your bottom to the edge of the seat, bring your operated leg forward and push up using your arms and non-operated leg. Reverse this to sit down. Use the same method to get on/off the toilet, you may need a raised toilet seat to make sure it is the right height for you.



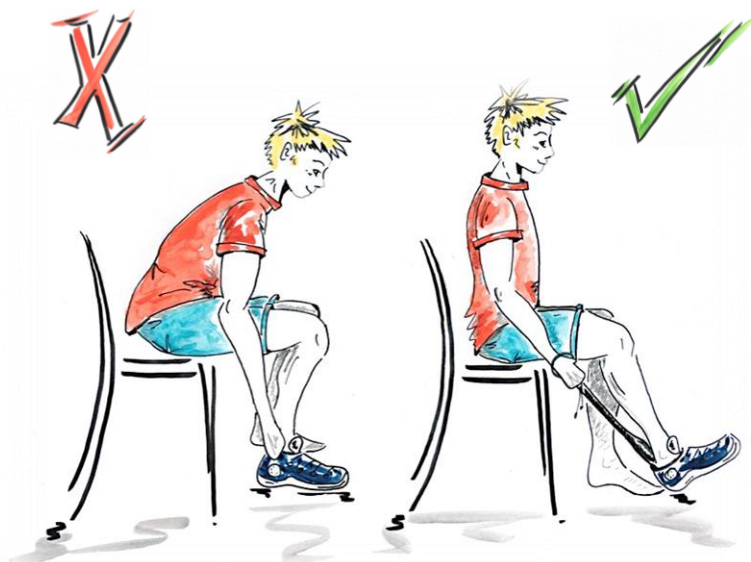
### Sleeping

The OT will show you how high your bed should be, if it is too low you may need some equipment to raise it. After your surgery you should try to sleep on your back, you should avoid sleeping on your non-operated side as this increases the risk of one leg crossing over the other. When getting in and out of bed make sure your operated leg does not cross the other, it may be easier to get in and out of bed leading with your operated leg.



## Washing and Dressing

The OT will show you the safest way to have a wash and get dressed. Again, they will provide some equipment to help with this. You should use a long handled sponge and shoe horn to avoid bending and twisting. You should dress sitting on a chair remember to avoid bending forward to reach your feet and dress your operated leg first and undress it last.



## Picking something up from the floor

If possible, ask for help but if you do need to pick something up from the floor, hold on to a stable piece of furniture, as you bend down extend your operated leg behind you.



## Getting in and out of a car

It is best to get in to the car from a driveway or road rather than up on a kerb. Recline the passenger seat and put it as far back as possible. Open the passenger door, wind the window down and turn so you feel the seat at the back of your legs. Hold the seat with your left hand and the door with your right hand, ask someone to hold the door steady for you.

As you lower yourself down put your operated leg out in front of you and move your bottom as far back as possible to give you plenty of room to swing your legs in. Remember to lean back so that you don't have to bend too much to get your feet in.

To get out of the car, reverse the above. Swing your legs out whilst leaning back, bring your bottom to the edge of the seat, slide your operated leg out in front and use the door frame and seat to help push up.

If possible always have someone with you to assist or supervise you. The physio will practice this with you before you go home.



Please be aware, these are just a couple of examples of how you should implement the precautions into your daily life. Please make sure you follow your precautions during all other activities, if you have any questions please discuss these with the team.

### Contact details (Office Hours):

Mr Talbot's Orthopaedic Pathway Co-ordinator (Ann Kershaw): 0151 252 5779

Emma Spink (Orthopaedic Hip Nurse specialist): 0151 252 5282

Physiotherapy (Physio): 01512525405

Occupational Therapy (OT): 01512525660

This leaflet only gives general information. You must always discuss your individual treatment with the appropriate member of staff. Do not rely on this leaflet alone for information about your treatment.

This information can be made available in other languages and formats if requested.

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