



## Washington Orthopaedics and Sports Medicine

### Orthopaedic Surgery

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### Direct Anterior Total Hip Replacements – Dos and Don'ts

#### *First 2 weeks post-operatively*

##### **DO:**

- Focus on abductor muscle and quadriceps strengthening
- Work on transitioning from a walker to a cane when your PT determines you are ready to do so
- Sleep on your non-operative side if it is more comfortable for you, just make sure to keep a pillow between your legs

##### **DO NOT:**

- Cross your legs at the knees
- Lay on your operative side
- Stoop, squat, kneel, or bend excessively at the waist
- Externally rotate your hip, or extend your leg behind you
- Get your incision wet until your staples or sutures have been removed
- Submerge your incision (pool or bath tub) for at least 4 weeks following surgery

#### *Weeks 2-6 post-operatively*

##### **DO:**

- Begin outpatient physical therapy with a PT facility of your choice, as they will be able to do more work with you than the in-home PT
- Work on transitioning off of a cane/walker as your PT determines you are ready to do so
- Walk as much as you can: walking on your new hip is the best type of therapy
- Begin driving a car once you have stopped your narcotic pain medicines and feel that it is safe enough to do so, **UNLESS** you own a very low-riding sports car or a manual transmission vehicle. If you have questions as to whether or not your car is safe to drive, please contact the office

##### **DO NOT:**

- Cross your legs at the knees
- Externally rotate your hip, or extend your leg behind you
- Squat or lift more than 20 pounds
- Twist at the waist
- Lay on your operative side until the end of 6 weeks

#### *Week 12*

At this point, standard hip precautions are released. You should still take care to avoid movements that cause extreme range of motion. If you enjoy exercises or activities that you worry may put you into extreme positions, make sure to discuss your limitations with Dr. Unger during your last post-operative appointment. You should avoid jogging and running indefinitely, but at this point you can return to activities such as golf, tennis, biking, and swimming.

**If you have any questions regarding your surgery or restrictions,  
please contact Alex F at 202-833-1147 ext 720 or email [DrUnger.MA@wosm.com](mailto:DrUnger.MA@wosm.com)**