










HIP PRECAUTIONS INFORMATION



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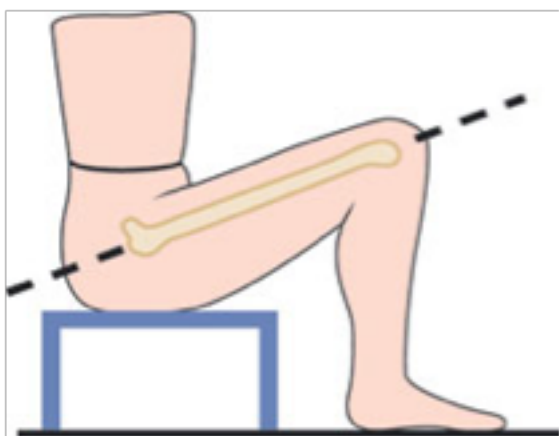


HIP PRECAUTIONS

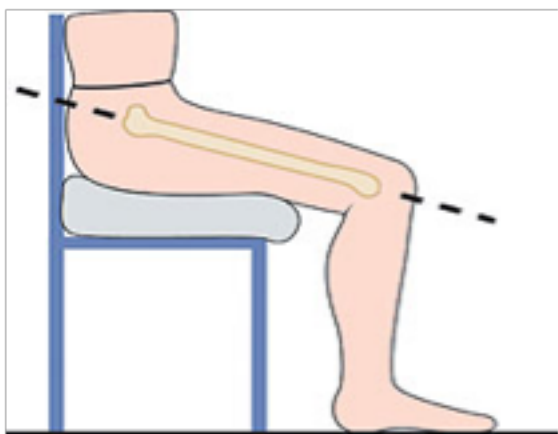
Your new hip has a limited safe range of motion. This means it can't bend and turn as much as a natural hip. So you'll need to move differently now than you did before surgery. This will help prevent your new hip from popping out of place (dislocating). Your health care team will teach you how to stay within your new hip's safe range of motion.

Sitting Safely

To protect your new hip, you must sit with your knees lower than or level with your hips. To do this, sit in chairs with high seats. Placing a firm pillow on the seat of a chair can also help.



A natural hip allows you to sit with your knees higher than your hips.



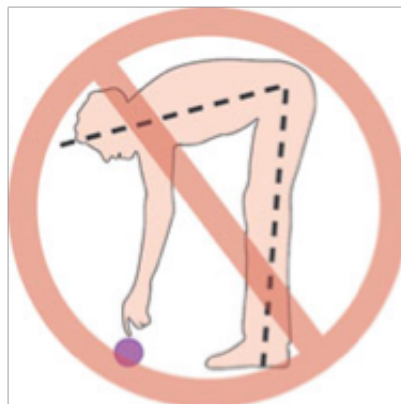
Your new hip has a limited range of motion. Always sit with your knees lower than or level with your hips.



Following Precautions

You must protect your new hip by following precautions (avoiding certain positions and movements). This will allow your hip to heal and help keep it from dislocating. You may also be told to limit how much weight you put on your operated leg (weight-bearing). You will learn how to follow precautions when lying, sitting, and standing.

Flexion Precaution



Don't bend over at the waist. And don't sit with your hips lower than your knees.

Adduction Precaution



Don't cross your operated leg over your other leg. ALWAYS keep your thighs apart.

Internal Rotation Precaution



Don't turn your operated leg inward (pigeon toe).



HIP SAFETY: SLEEPING POSITIONS

Your new hip needs extra care while it heals. Follow your “hip precautions” to help you avoid injuring it. Use the tips on this sheet to help keep your new hip safe while sleeping. Be sure to follow any guidelines from your health care provider.

If You Lie on Your Back



Keep a pillow between your legs and against the outside of the operated leg.

If You Lie on Your Side



Use pillows to keep your hip in a safe position.



Remember Your Hip Precautions

- Keep the angle at your hip greater than 90°. (Don't move your knees and chest too far toward each other.)
- Do not cross your legs or ankles or let your operated thigh cross the middle of your body.
- Do not turn your operated hip or knee inward.

Safe Sleeping

- Find a position that keeps your hip safe and comfortable.
- Use pillows to keep your hip in a safe position.
- Follow your health care provider's instructions about which side to sleep on.



HIP SAFETY: GETTING INTO AND OUT OF BED

Note: Your operated leg should enter the bed first and leave the bed last. If you need to, remake the bed so the pillow is on the other end.

Your new hip needs extra care while it heals. Follow your “hip precautions” and the tips on this sheet to help keep your new hip safe. The steps below help you get into bed. Reverse them to get out of bed.

1. Sit Down



- Stand with your back to the bed. Back up until the back of your good knee touches the bed.
- Keep the foot on your operated leg forward.
- Hold the crossbar of the walker with one hand. Reach back for the bed with the other hand. Don't twist.
- Lower your buttocks onto the bed.



2. Support Yourself



- Put both your hands on the bed behind you for support.
- Lean backward onto the bed.

3. Lie Down



- Swing one leg, then the other, from the floor onto the bed. As you do, use your elbows and hands to lower your upper body onto the bed. Move your body as a unit—don't twist.
- Position yourself comfortably.
- Do not reach to the end of the bed to pull the blankets up. Use a reacher to pull them up.
- Keep your walker within easy reach of your bed.

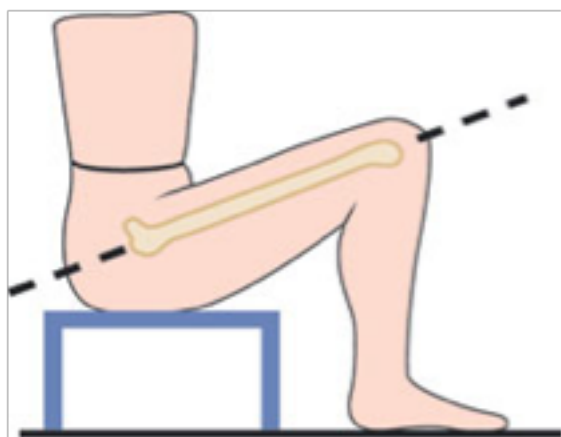


HIP SAFETY: SITTING

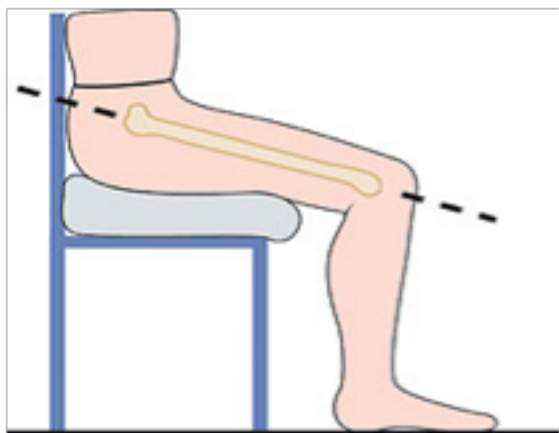
Learn the right moves to protect your new hip. Follow your “hip precautions” and the instructions below.

Sitting Safely

To protect your new hip, you must sit with your knees lower than or level with your hips. To do this, sit in chairs with high seats. Placing a firm pillow on the seat of a chair can help raise it.



A natural hip allows you to sit with your knees higher than your hips.



Your new hip has a limited range of motion. Always sit with your knees lower than or level with your hips.



To Sit Down



Back up until you feel the chair touching you.



Reach for the armrests. Keep your operated leg slightly out in front. Lower yourself without leaning forward.



Sit, then lean back in the chair. Keep your hips higher than your knees. To stand up, reverse these steps.

HIP SAFETY: USING THE TOILET

Using the bathroom can be challenging after hip surgery. Follow your “hip precautions” and the tips on this sheet to keep your new hip safe when using the toilet.



- Back up until you feel the toilet touch the back of your legs.
- Place your operated leg in front of you, keeping your weight on the other leg.
- Look behind you and grasp the grab bar (or side rails, if you’re using a toilet with rails).
- Lower yourself onto the front of the toilet, then scoot back.
- To get up, reverse these steps.

Remember Your Hip Precautions

- Keep the angle at your hip greater than 90°. (Don’t move your knees and chest too far toward each other.)
- Do not cross your legs or ankles or let your operated thigh cross the middle of your body.
- Do not turn your operated hip or knee inward.

HIP SAFETY: DRESSING

Caution: Be careful not to bend forward or lift your knee above your hip.

To protect your hip, you must learn safe ways to do daily tasks. This includes getting dressed and undressed. Your health care provider may suggest tools to help you. These include a reacher, sock aid, and dressing stick.

Putting On Socks

- Sit on a chair or on the side of the bed.
- Pull the sock onto the sock aid as you have been shown.
- Hold the sock in front of the foot on your operated side. Slip your foot into the sock. Pull the sock aid out of the sock.
- Put the other sock on with the sock aid, or bring your foot toward you and slip the sock on with your hands.

Putting On Pants

- Sit on a chair or the side of the bed.
- Using a reacher, catch the waist of the underwear or pants with the grasper.
- Slip the pants onto your operated leg first. Then slip your other leg into the pants.
- Use the reacher to pull the pants over your feet and above your knee. Pull them to where you can reach them with your hands.
- Hold the pants with one hand. Push up from the chair to stand. Steady yourself with your walker.
- With your hands, pull the pants the rest of the way up.

Putting On Shoes

- Wear slip-on shoes or use elastic or velcro shoelaces so you don’t have to bend.
- Sit on a chair. Put your foot into the shoe. Use a reacher or long-handled shoehorn to pull the shoe on



AFTER HIP REPLACEMENT: HOME SAFETY

Becoming more aware of hazards in your home can help make your recovery safer. You might want to have furniture rearranged so it's easier to get around. In the bathroom, aids like a shower hose and a raised toilet seat can help you stay safe. Don't forget to watch out for hazards like wet floors or uneven surfaces.

In the Bathroom

Install a hand-held shower head for easier bathing.

Use a long-handled sponge to wash hard-to-reach areas.

Use a rubber-backed bathroom mat to help keep the floor dry.

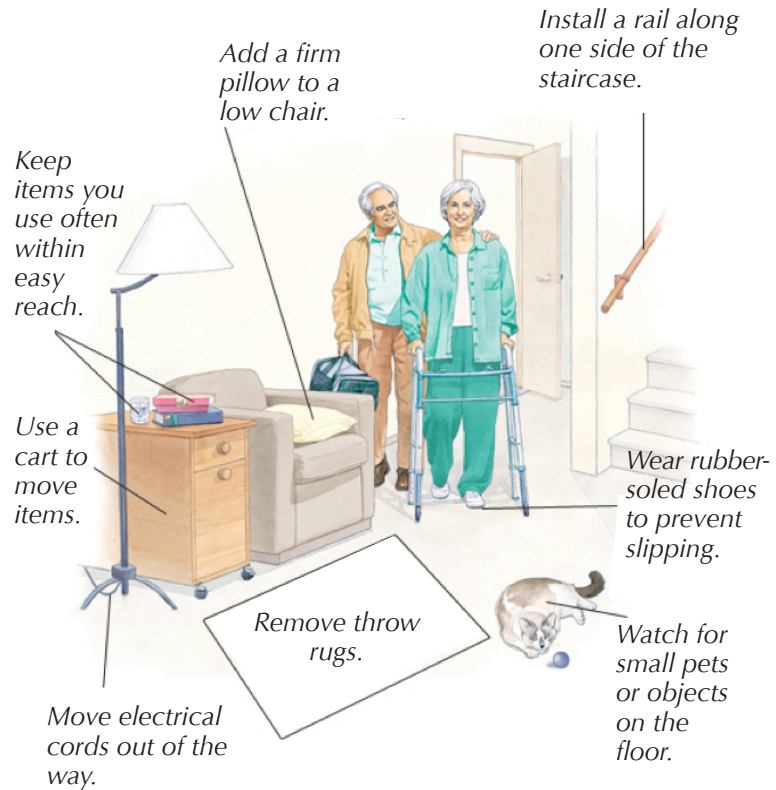
Install grab bars in your shower or tub for support as you get in and out.

Sit on a bath bench or shower chair while you bathe.

Use a commode chair or elevated toilet seat to raise the height of your toilet.



At Home





WALKERS: BATHING

Special shower chairs and tub benches are available for use while bathing. These chairs help you bathe safely. Ask your health care provider where you can get one.

Note: Try to make sure surfaces are dry before you walk on them. Non-skid mats can help prevent falls.

Getting Into a Shower Stall



- 1.** Back up over the lip of the shower stall with your good leg until you feel the shower chair behind you. Reach back for the shower chair first with one hand, then the other, as you begin to sit down.



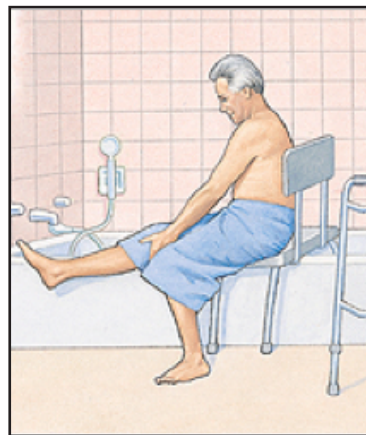
- 2.** Lower yourself onto the chair. Lift each foot and turn to face the faucet.



Getting Into a Tub



- 3.** Back up until you feel the tub bench behind you. Reach back for the bench first with one hand, then the other, as you begin to sit down.



- 4.** Lower yourself onto the bench and turn to face the faucet. Use your hands to help lift each leg over the side of the tub. A hand-held shower nozzle can make bathing on a bench easier.



HIP SAFETY: GETTING INTO AND OUT OF A CAR

After hip surgery, getting into or out of a car can be difficult. To keep your hip safe, follow your “hip precautions” and the tips on this sheet. The steps below help you get into a car. Reverse them to get out of a car.

Before Getting Into a Car

- Have someone move the seat as far back as it will go.
- Recline the back of the seat if possible.
- Place a pillow on the seat to keep your hips above your knees, especially if the seat is low.

1. Sit Down

- Stand with your back to the car. Keep your operated leg straight and that foot slightly forward. Feel the car touch the back of your other knee.



- Hold onto the side of the car and the walker or dashboard.
- Lower yourself slowly onto the seat. Watch your head.

2. Bring Your Legs Into the Car

- Slide back into the center of the seat.
- Lift your legs one at a time into the car. As you do so, move your body. Do not twist.





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