

Minimally-invasive Posterolateral Hip Replacement Approach

For the first **6 weeks** after surgery it is important to have your legs apart while you are bending over to avoid putting stress on the surgical repair of the hip capsule.

When bending over in a seated position, ensure your knees are apart and you reach between your legs.



When bending over in standing, ensure your feet are apart, you are bending at the knees and you are reaching between your legs.

