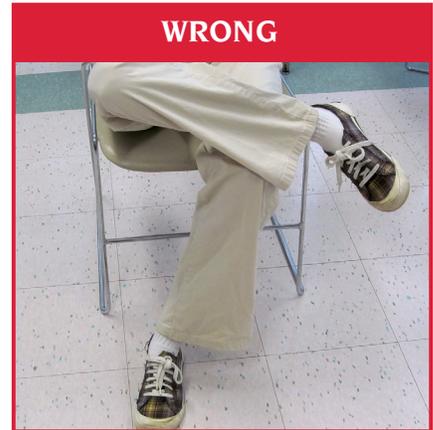
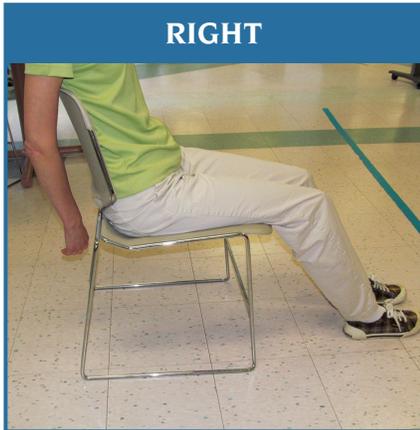


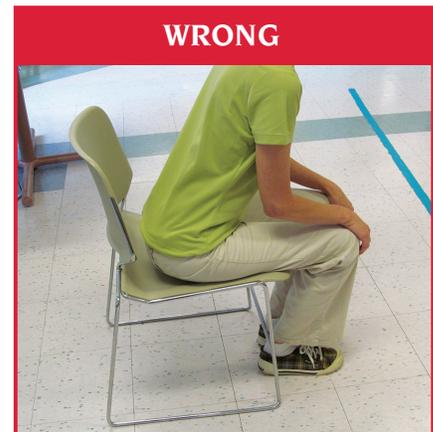
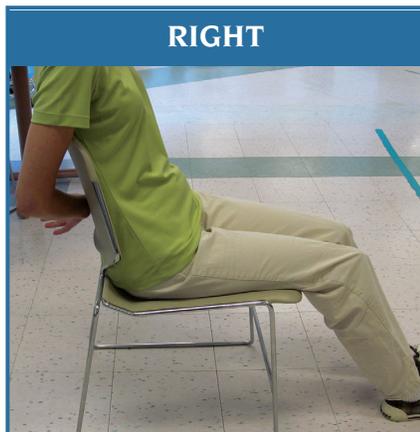
## Anterior and Posterior Lateral Hip Precautions

Following total hip replacement surgery, certain positions cause undue stress on your hip and could cause the prosthesis to dislocate. Your surgeon will determine which precautions you should follow to make your recovery safe and comfortable. Please follow your precautions until cleared by your physician.



**The patient cannot cross their legs at the knee or at the ankles.**

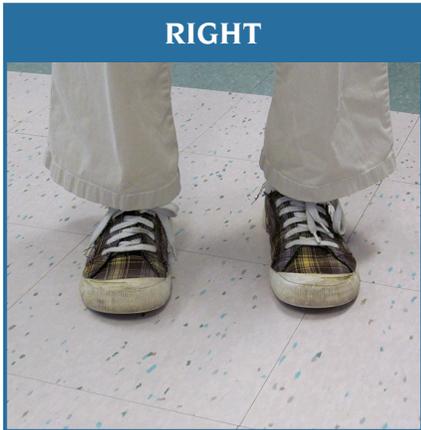
- Use pillow between legs when lying in bed.
- Use pillow between legs when turning on the side.
- Anterior hip replacements are also not allowed excessive separation of legs.



**The patient cannot bend past 90 degrees.**

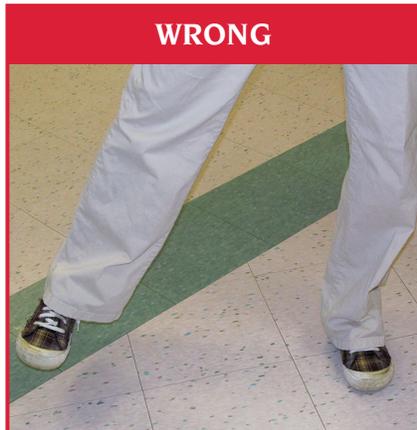
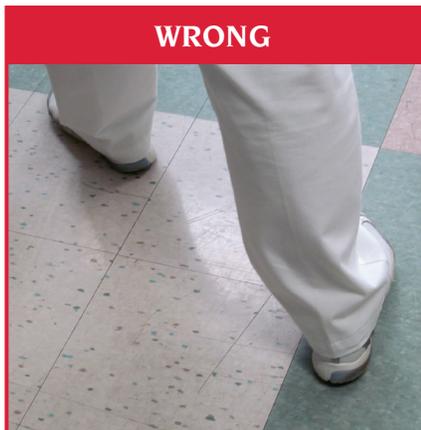
- Keep things in arms reach to avoid the urge to lean forward.
- Do not lean forward when getting up.
- Never allow the knees to go higher than the hips when seated.
- The chair must be the correct height and the seat must be level.
- Use a raised toilet seat.





**The patient must keep their toes straight ahead.**

- No twisting.
- Take small steps to the side when changing directions.
- Anterior hip replacements are not to take wide steps to the side.



**No Active Abduction** (for anterior hip replacements only)

- No wide steps backwards or to the side.