

# Total Hip Replacement

The following is a list of precautions to keep you from dislocating your hip. Dislocating means to move a body part out of its usual position. Follow these precautions until your doctor tells you otherwise. Your therapist or surgeon will check the hip precautions that are right for you.

## Posterior Hip Precautions

### Do not bend your hip past 90 degrees

- ✓ Your knees must be lower than your hips while sitting.
- ✓ When going to stand up or sit down, do not lean forward.
- ✓ Do not reach toward the floor to pick up objects or to put on socks/shoes.
- ✓ While sitting, do not reach forward if you have to bend at your waist. Keep objects you may need close by.



- ✓ While sitting in bed, do not lean forward to pull up covers.
- ✓ Do not sit on a low toilet seat, couch or chair. Instead, use a raised toilet seat or place pillows or blankets on the chair/couch to raise your hips above your knees. This is also important while riding in a car.



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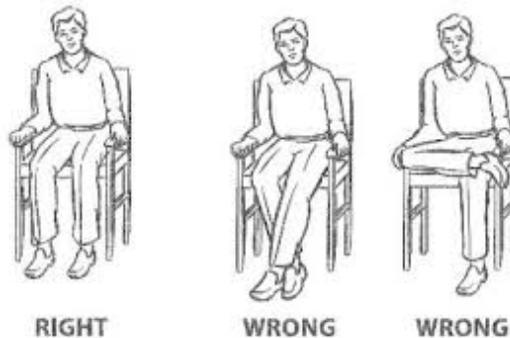
## Do not turn your knee or foot inward

- ✓ Do not reach across your body when reaching for items such as the phone or to fasten your seat belt.
- ✓ Do not pivot on your operated leg. Make sure you are picking your feet up and taking small steps to turn.
- ✓ Be careful not to let your leg turn inward while getting into or out of a bed or car.



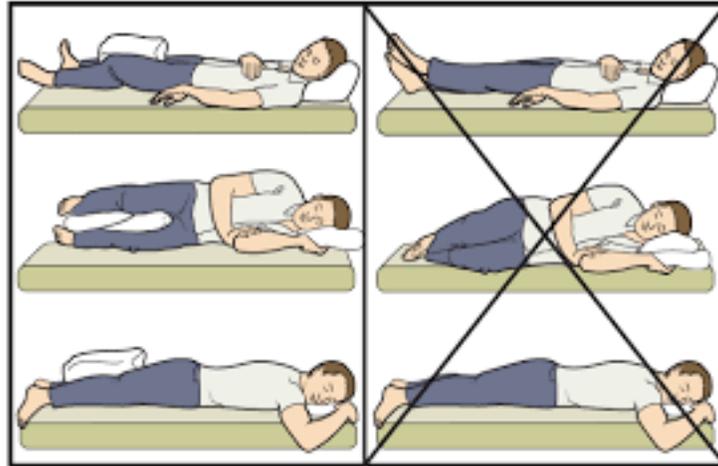
## Do not cross your leg past the middle of your body

- ✓ Do not cross your knees or ankles. You may put a pillow between your knees as a reminder.
- ✓ Do not bring your knees together at any time.



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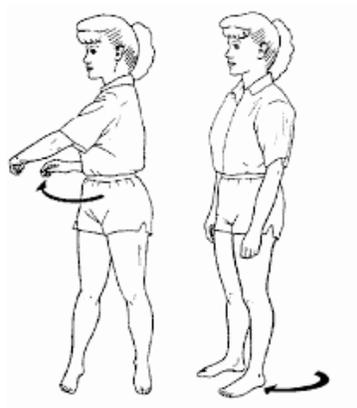
- ✓ While sleeping or turning on your side, keep pillows between your knees to keep them from touching each other.
- ✓ Do not lie on your operated hip without talking to your doctor first.



## Anterior Hip Precautions

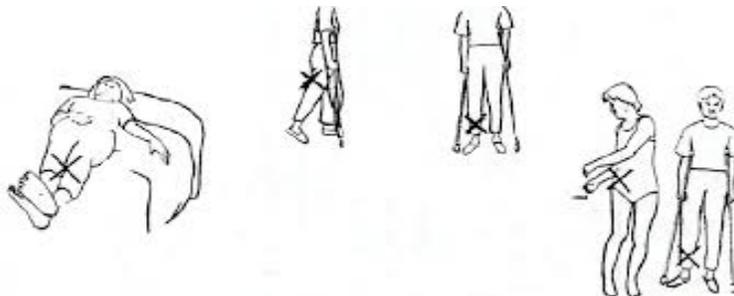
### **Do not turn your knee or foot outward**

- ✓ Do not twist and reach across your body toward your non-operated side (especially while standing).
- ✓ Do not walk with your foot/toes turned outward.
- ✓ Do not pivot on your operated leg. Make sure you are picking your feet up and taking small steps to turn.



### **Do not extend your hip backward beyond the neutral position**

- ✓ When backing up, step back with your non-operated leg first.
- ✓ Do not take large steps forward with your non-operated leg.



## Additional Hip Precautions (Trochanteric)

Following some surgeries, the addition of extra precautions may be necessary. The following precautions may be added to your anterior or posterior precautions. Your physician and therapists will instruct you in which precautions to follow.

### No active abduction

- ✓ You should NOT use your own muscle power to move your operated leg out to the side (especially while getting out of bed).
- ✓ You may need to use a leg lifter or have someone assist you. **Do not turn your knee or foot outward**
- ✓ Do not reach or twist across your body toward your non-operated side (especially while standing).
- ✓ Do not walk with your foot turned outward.
- ✓ Do not pivot on your operated leg. Make sure you are picking your feet up and taking small steps to turn.

## Mobility After a Total Joint Replacement

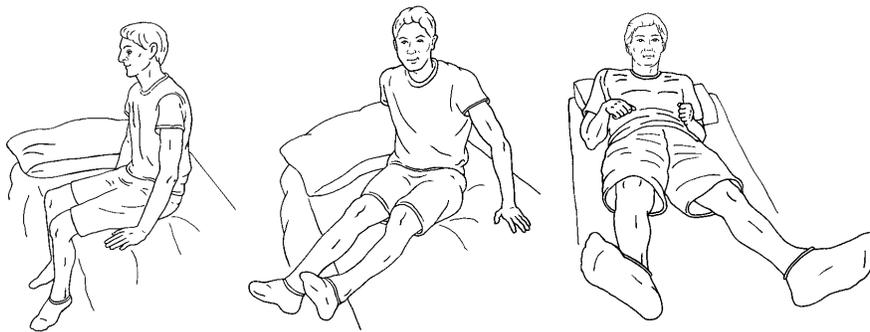
### Bed Mobility

After hip replacement, you will probably be more comfortable lying on the non-operated side. While lying on your side, you need to have a pillow between your legs in order to maintain your hip precautions. You should place the pillow between your legs before rolling onto your side.

## Getting into bed

*Follow these instructions to get into bed:*

1. Sit down on the side of the bed. If possible, get into bed on the side of the bed that will allow you to put your non-operated leg in bed first.
2. Scoot your hips back on the bed.
3. Bring your non-operated leg up onto the bed first. As you continue to scoot in the bed, bring your operated leg up onto the bed. You may need someone to help you with this immediately following surgery.
4. Once both legs are in the bed, scoot toward the head of the bed until you are comfortable.



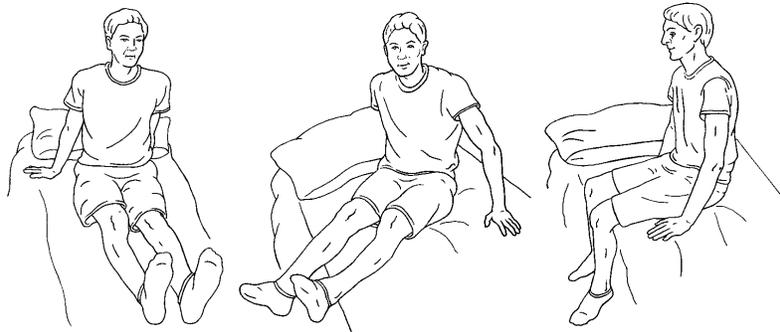
## Getting out of bed

*Follow these instructions to get out of bed:*

1. When getting out of bed, push yourself into a sitting position with your elbows first. Support yourself on your hands.
2. If possible, get out of your bed on the side of your operated leg. Move your operated leg toward the edge of the bed. You may use your non-operated leg to push on the bed if needed.

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3. Pivot your buttocks on the bed, sliding your non-operated leg toward the side of the bed. Lower the foot of your operated leg to the oor.
4. Slide your non-operated leg over the side of the bed. Use your arms to steady yourself as you come to a sitting position.



## Using a Walker

### Walking with a walker

1. Move walker forward about a step so the back legs of the walker line up with your toes.
2. Take a step forward into the walker with your operated leg. Do not step past the front of the walker.
3. Then take a step forward with your other leg. Repeat steps.
4. Using stairs, your therapist will go over this after surgery and focus on your particular needs.

## **Going up stairs**

1. Have someone help by standing beside you or one step behind you until you are comfortable doing them on your own. Rest one hand on the handrail and the other hand on the hand of your helper while you take your steps.
2. Always take the first step up with the non-operated leg.
3. Follow with the operated leg.
4. Do one step at a time.

## **Going down stairs**

1. Have someone help by standing beside you or one step in front of your side opposite the rail until you are comfortable doing them on your own. Rest one hand on the handrail and the other hand on the hand of your helper while you take your steps.
2. Always take the first step down with the operated leg.
3. Follow with the non-operated leg.
4. Do one step at a time.

## [Using a Walker](#)

### **Sitting and standing after a total hip replacement**

*If you have had a total hip replacement, you must keep your knees shoulder-width apart until your hip precautions have been lifted. You should always check two things prior to sitting down:*

1. The height of the chair seat.

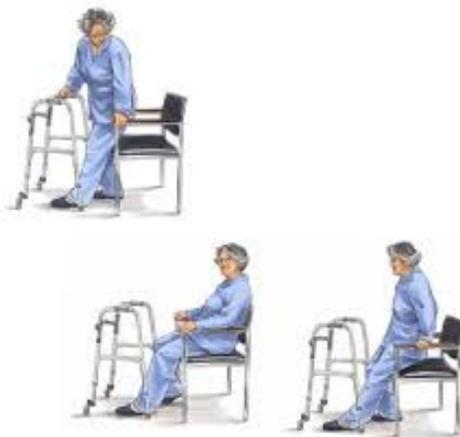
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## 2. Does the chair have armrests?

It will be more difficult for you to get out of a low chair and/or a chair without armrests, so avoid these when possible. You can raise a chair to an easier height by placing a pillow or seat cushion on the seat.

Avoid chairs with wheels unless the wheels can be locked. Do not pull on the walker for leverage when standing. The walker may tip backward causing you to fall.

To sit down, you should back up with the walker until you feel the chair behind your legs.



1. As you reach back for the armrest with one hand, slide your operated leg forward.
2. Reach back with your second hand and slowly lower yourself into the chair. Continue to keep your operated leg out in front of you.
3. Use your arms to scoot yourself further back in the chair.

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*To stand up from the chair:*

1. Scoot your body to the edge of the seat.
2. Keep your leg out in front of you.
3. Use your arms to push yourself up from the chair.
4. Do not lean forward as you stand.
5. Reach for your walker one hand at a time.



## Bathing

### Getting In and Out of a Tub-Shower With a Bench/Chair

Make sure the bench is set in the tub. It should not move when you sit down and get up. Have all of your supplies close. Do not put anything where you need to lean forward.

### Using a Tub Bench in a Tub Shower Following a Total Hip Replacement

1. Stand with your back toward the bathtub. Be sure to have your operated leg out in front and have someone with you to hold the bench steady.

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2. Lower yourself slowly onto the tub bench, sliding your operated foot forward as you sit. Avoid plopping down.
3. Lean your trunk back as someone helps you lift your operated over the edge of the tub. If you have posterior hip precautions, keep your leg straight and do not bring your knee up toward your face.
4. Slide back and make sure you are in a safe sitting position. Have someone slowly lower your foot to the floor of the tub.
5. To get out of the tub, have someone carefully lift your operated leg out of the tub. Lift your non-operated leg out of the tub and place your feet on the floor before you stand. If you have posterior hip precautions, keep your operated leg straight and do not bring your knee toward your face.



## Getting Into and Out of a Shower With a Shower Chair

Stand with your back to the entrance of your shower with your walker in front of you.

1. First, take a step backward into your shower with your non-operated leg, while taking pressure off of your operated leg by pushing down through

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- your walker with both hands.
2. Bring your operated leg into the shower and turn with your back to the shower chair. Do not twist. Lower yourself slowly onto the chair, sliding your operated foot forward as you sit. Avoid plopping down.
  3. When exiting the shower, slowly stand from the shower chair using a grab bar (NOT towel rack), if accessible. Turn toward exit of shower.
  4. Have someone place your walker at the shower entrance for you. Holding onto the walker with both hands, step out of the shower with your operated leg first, while pushing down through the walker with your hands.
  5. Bring your non-operated leg out and regain balance before walking in the bathroom.



## Getting Into and Out of a Car After a Total Joint Replacement

You can ride in the front or back seat. You may have to try both to see what works best for you. When riding in the front seat, it helps to move the seat all the way back and recline the back of the seat.

- ✓ Place a pillow or cushion on the seat to raise the height.
- ✓ Maintain your hip precautions.

## 1. Before getting into a car

- ✓ In the front seat, move the seat back as far as it will go.
- ✓ In the back seat, move the front seat as far forward as it will go.
- ✓ Recline the seat back if possible.
- ✓ Place a pillow or cushion on the seat.



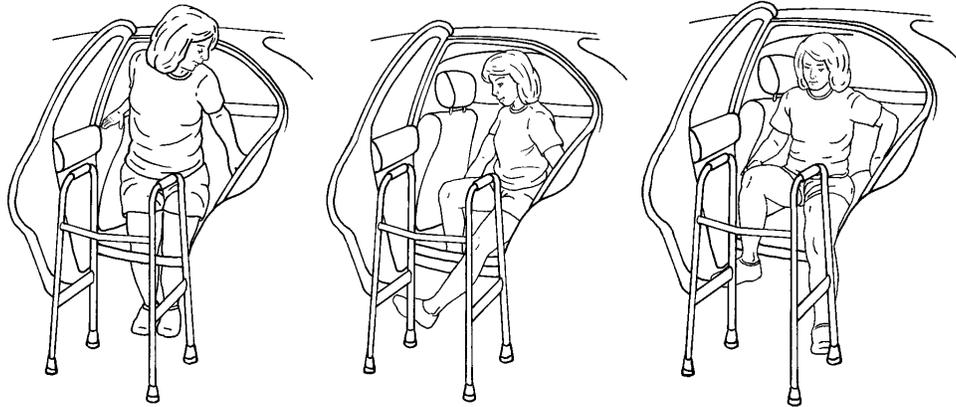
## 2. Sit down on the seat

- ✓ Stand with your back to the car.
- ✓ Keep your operated leg straight and the foot slightly forward for a total hip replacement.
- ✓ Feel the car touch the back of your other leg.
- ✓ Hold on to the side of the car with one hand and your walker with the other hand.
- ✓ Slowly lower yourself onto the car seat.

## 3. Bring your legs into the car

- ✓ Slide your bottom back into the seat.
- ✓ Lift your legs, one at a time, into the car.
- ✓ As you lift your legs, move your body into the car; do not twist.
- ✓ Someone may have to help lift your operated leg the first few times.

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## Using a Cane

When you are putting very little weight through your hands while walking with your walker, you are ready to start using a cane and should consult with your physical therapist. This typically takes about two to three weeks.

**DO NOT** progress to the cane until you feel safe. Your Physical Therapist will decide when you are ready to progress to the cane.

## Walking With a Cane

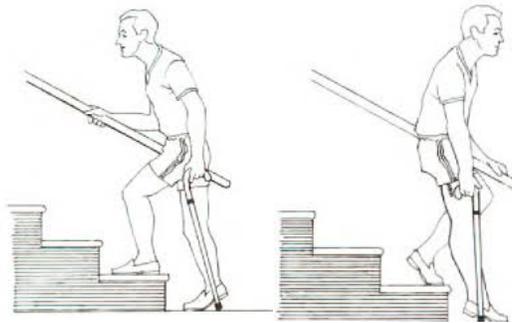
Opposite hand and operated leg should work together.

- ✓ Move cane forward about a step.
- ✓ Take a step forward with your operated leg.
- ✓ Then step forward with your other leg.

## Using a Cane on Stairs

### **Going up stairs**

- ✓ Have someone help by standing at your side or right behind you until you are comfortable doing them on your own.
- ✓ Rest cane on the floor while stepping onto the step with your non-operated leg.
- ✓ Lift your cane onto the step.
- ✓ Step up with your operated leg.
- ✓ Do one step at a time.



### **Going down stairs**

- ✓ Have someone help by standing at your side or directly in front of you until you are comfortable doing them on your own.
- ✓ Put your cane on the step below.
- ✓ Step down with your operated leg.
- ✓ Step down onto the same step with your non-operated leg.
- ✓ Do one step at a time until you reach the bottom of the stairs.