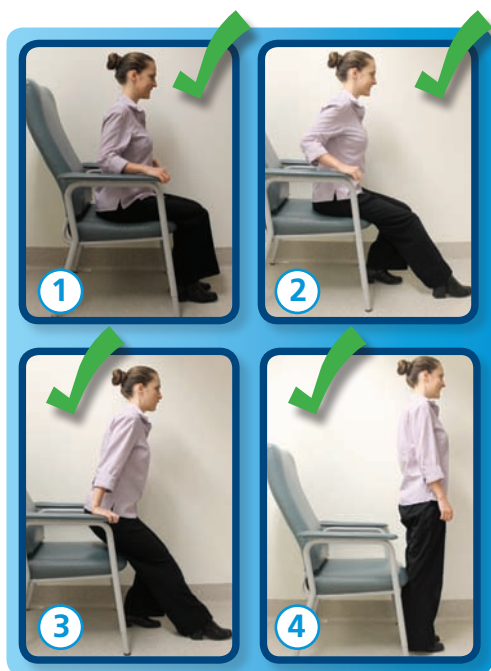


## Standing up

- Straighten your operated leg out in front.
- Use your arms to help you move forward to edge of the chair.
- Push with your hands and non-operated leg to stand. Do not lean forward with your shoulders toward your knees.

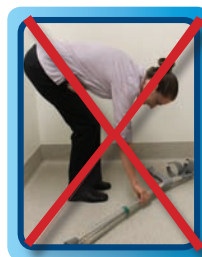


## Sitting down

- Back up to the chair until you feel it touch the back of your legs.
- Reach back with your arms and feel for the armrests. Keep your back straight and slide your operated leg out in front.

## Bending

- Do not bend over at the hips to pick things off the floor.



- Do use a long handled easy reacher or a long handled shoe horn.



## Please Note

- This is a general overview only. Ask your therapist or doctor if you have questions about these precautions.

This hospital is a no smoking facility.



**Kareena Private Hospital**

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## Rehabilitation

# Hip Replacement Precautions

To avoid dislocating your hip, follow the instructions given in this pamphlet.

Continue to follow these guidelines until your surgeon tells you otherwise.

Not all of the advice is appropriate for every individual. Ask your therapist, doctor and/or surgeon for your specific needs.

Name: .....

## 1. Do not bend your hip past 90°



**CORRECT**

**INCORRECT**

- Do not sit on low chairs, low lounges or low toilets.
- Do not sit with the knees higher than your hip.

## 2. Do not cross your operated leg



- Do not bring the operated leg past the midline of your body in sitting, standing or lying.

## 3. Do not twist your leg



- Do not twist your upper body when lying, sitting or standing.
- Do not turn your operated leg inward when standing.