



Adaptive Equipment Corner

If you can't do it, adapt it!™

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Total Hip Replacement Questions for the Surgeon

Will I have hip precautions? (movements that you will temporarily not be able to do with the surgical leg) **Yes** **No** If Yes, for how long? ____ weeks

Which hip precautions will apply to me?

Anterior:

- Do Not extend the surgical leg backwards (step back with)
- Do Not lie on your stomach
- Do Not turn the toes/leg on the surgical side outward
- Do Not cross your legs at the knees or ankles

Lateral:

- Do Not actively move the surgical leg out away from your body
- Do Not turn the toes/leg on the surgical side outward
- Do Not cross your legs at the knees or ankles

Posterior:

- Do Not bend more than 90 degrees at the hips/waist
- Do Not turn the toes/leg on the surgical side inward
- Do Not cross the legs or cross *midline* of your body w/ the surgical leg