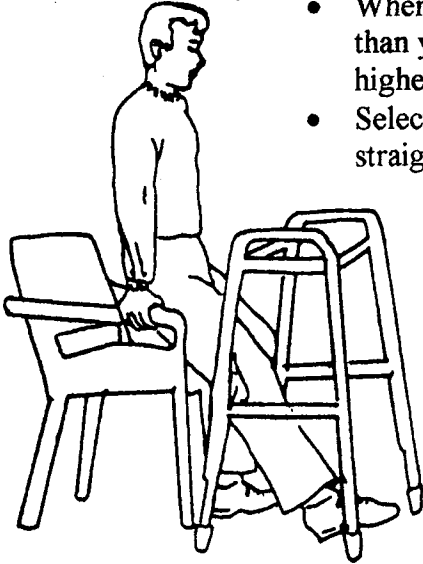


Total Hip Precautions

These three hip precautions are followed for at least 3 months. Please speak to your surgeon for specific details.

1. Do not bend/flex your hip greater than 90 degrees.

- When seated in a chair, avoid leaning forward or lifting your knee up higher than your hip. It is easier to maintain your hip precautions when selecting a higher seating surface.
- Select a chair with arms and a firm surface. This will make it easier to stand straight up. Avoid chairs with wheels and those that swivel/rock.



From the edge of the chair, place your operated leg out in front of you. Push yourself up to stand with your arms and unoperated leg.

DO NOT



DO NOT



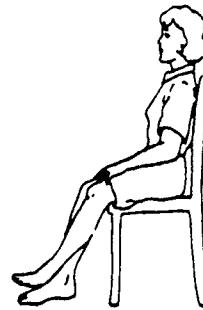
DO NOT sit on low toilet.
DO NOT bend forward
(e.g., reaching for toilet paper or while wiping).

- Do not reach to the end of the bed to pull up the covers; pull them up before you get into bed.
- Use a reacher for retrieving items off the floor.

2. Do not cross your legs at the knee or ankle.

- Place a pillow between your legs to remind yourself not to cross them.

DO NOT



3. Do not rotate your knee or foot in.

- Don't stand "pigeon-toed".
- Keep the toes of your affected leg pointed forward when you stand, sit or walk.