

# Physiotherapy Department - Orthopaedics

## Precautions Following Hip Surgery

Your surgeon has advised that you follow the precautions below for 6 weeks after your surgery. If you do not follow these, there is a possibility you could dislocate your new hip. After this time, you will not need to follow these precautions strictly, but still need to be careful to avoid the extremes of movement.

1. Do not bend your hip past 90 degrees.
2. Do not cross your legs/ankles when lying, sitting or standing.
3. Do not swivel on your feet when turning or twist your upper body when trying to reach across.

### Avoid the following movements:

- Bending to the floor to pick up objects or apply clothing - use the helping hand and dressing aids instead
- Lying on your un-operated side
- Pulling the blankets up from your feet in bed
- Sitting in a low chair – you will be told your safe sitting height
- Leaning your trunk forward too far when standing up

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact and we will do our best to meet your needs.

The Trust operates a smoke free policy

### Document History

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