

**DRYDEN REGIONAL HEALTH CENTRE
Rehabilitation Department**

TOTAL HIP REPLACEMENT PRECAUTIONS

Welcome to the Dryden Regional Health Centre Occupational Therapy program. Our goal is to assist you in regaining your functional independence following your hip replacement surgery. As part of your rehabilitation in hospital, and in preparation for managing at home, you will be expected to participate in functional activities such as: getting dressed, practicing getting in/out of a tub, and using your walker safely and in tight spaces. Together we will determine the most appropriate equipment and methods for you to manage your activities safely at home while you maintain **the following precautions** designed to protect your new hip joint while the muscles and soft tissue heals around it.

1. NO BENDING HIP PAST 90° (until 3 months after surgery).

- No bending to pick up items off the floor. Use your long-handled reacher.
- No bending forward to stand up from a seated position. Put your operated leg forward instead.
- No bending to put on underwear, pants, socks, shoes. Use your sock aid, long-handled reacher, and shoe horn.
- No sitting on low surfaces: chairs, couches and no sitting at the bottom of the tub. Use a raised toilet seat if you have a low toilet.

2. NO TWISTING LEG IN OR OUT (until 3 months after surgery).

- Take small baby steps to turn, do not twist at the hip.
- No pivoting on foot when turning.
- Keep your toe pointed straight ahead, do not point toe in or out.

3. NO CROSSING LEGS (Never).

- No sitting cross-legged or with ankles crossed.
- No lying with legs crossed or together. Use 2 pillows lengthwise between your legs from thighs to calves.
- You may use your other leg to lift the operated leg into bed until you are able to do it on your own.

*Wash using a tub transfer bench, a walk-in shower or step into the tub adhering to the precautions. If stepping over the tub ledge, bend your operated leg at the knee, kicking your foot out behind you. DO NOT lift your knee up in front of your body- that is bending past 90°. Do not get the incision wet. You can use a waterproof dressing until 48 hours (2 days) after the staples are removed and if there are no open areas.