HIP PRECAUTIONS ADVICE SHEET

• Following a hip joint replacement dislocation, you need to adhere to the following precautions for 6 weeks (or until told otherwise if you are to see your specialist again soon) to reduce the risk of further hip dislocations:
  - Avoid bending your hip past 90 degrees
  - Avoid crossing your legs
  - Avoid twisting your leg inwards or outwards

• The following section provides some practical tips on how to avoid putting yourself at risk:
  - Sitting
    1. Avoid sitting in low chairs; ensure that your knees are higher than your hips. Use a cushion to make the seat higher if needed
    2. Avoid bending over while sitting in a chair – don’t put your shoes and socks on without a long handled aid & don’t shave your own legs
    3. Avoid crossing your legs while sitting
  - Standing
    1. Do not bend forwards past your knees

Disclaimer: This health information is for general education purposes only and is intended to be a reminder of education provided by your health professional after a thorough examination.
HIP PRECAUTIONS ADVICE SHEET

- Laying down
  1. Do not cross your legs
  2. If laying on your side, keep a pillow between your legs

- Dressing
  1. Use long handled aids to assist with getting underwear / pants / shoes / socks on

- Washing self
  1. Showering is ok to complete standing or alternatively sit on a shower stool
  2. Avoid using the bath – if you can’t shower, have a sponge wash while sitting at the sink instead

- Toileting
  1. Use an over toilet frame with a seat where your hips are higher than your knees
  2. If out and about, use the disabled toilet (which has a higher seat and a rail) and straighten the knee of the affected side as you get up / down from the toilet

- Car Travel
  1. DO NOT drive a car
  2. When getting in and out of a car, ensure that the seat:
     1. Is as high as it can be; if the seat is too low, use a cushion to raise the height
     2. Has the backrest tilted backwards slightly

Disclaimer: This health information is for general education purposes only and is intended to be a reminder of education provided by your health professional after a thorough examination.