

HIP PRECAUTIONS ADVICE SHEET

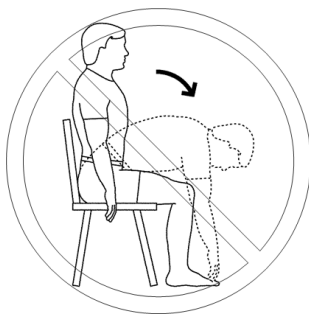
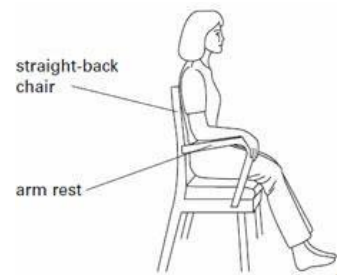
- Following a hip joint replacement dislocation, you need to adhere to the following precautions for 6 weeks (or until told otherwise if you are to see your specialist again soon) to reduce the risk of further hip dislocations:

- 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 hips are higher than your knees. 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.



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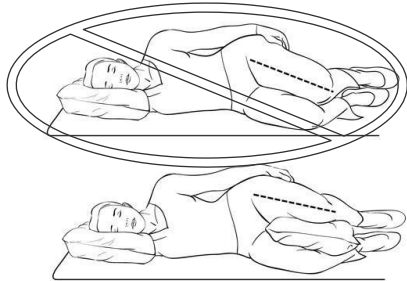
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○ Laying down

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

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