

Patient information

Joint Protection following Hip Surgery (posterior approach)

Introduction

To repair your hip the surgeon has to cut through the soft tissue and muscle that surrounds the joint. Whilst this soft tissue is healing the new hip is at risk of dislocating (coming out of its socket). Because of this you have to avoid putting undue strain on the hip whilst it is healing and follow 'hip precautions'. These must be followed for 6-8 weeks following your operation.

Hip precautions are movements that **you must avoid**, as doing so will strain the hip causing it to dislocate. These are:

- **Crossing your legs**, even at the ankles, whether standing, sitting or lying down.
- **Bending your hip** less than a 90° angle, avoid bending down to your feet or bringing your leg up towards you.
- **Twisting at the hip** or over reaching. Always ensure you face what you are doing.

Do not

1. Cross your legs, even at your ankles. This means sleeping on your back not your side. Place a pillow between your knees at night to prevent you from turning on your side.



2. Bend down to your feet from the waist, whether sitting or standing. Avoid putting your hands beyond your knees when your arms are outstretched.



3. Bring the knee of your operated leg up towards your chest while sitting.
4. Attempt to dress your lower half without using dressing equipment or assistance.



5. Sit on low furniture, ensure when sitting that your hip is above the level of your knee.



6. Attempt to get in / out of the bath without using equipment.



7. Twist at your hip when lying, sitting or standing.



Do

1. Sit for short periods and walk for short periods.
2. Use the walking aids you have been supplied with.
3. Sit on high furniture, pushing up from the arms and keeping your operated leg out in front of you.
4. Sleep on your back.
5. Keep the operated leg behind you when you bend forward to a low shelf (or use a helping hand).
6. Get into the car bottom first, then swing your legs together.
7. Be careful not to strain the hips during sexual intercourse and be the passive partner for at least 3 months after the operation.
8. Do use all the equipment provided by the Occupational Therapist.

Do ask the therapist or your consultant if you have any questions or if you are not sure about anything you have been told.

Occupational Therapy Department telephone number: 01284 713570

Occupational Therapist.....

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<http://www.disabledgo.com/organisations/west-suffolk-nhs-foundation-trust/main>