

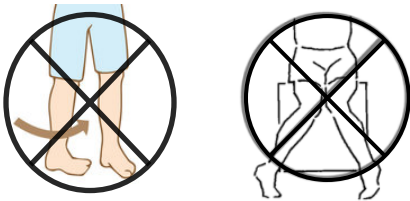
Posterior Total Hip Replacement Precautions



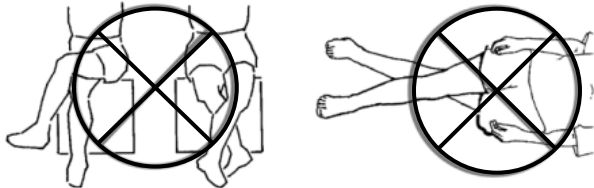
Do not bend past 90 degrees at your hip



Do not twist or pivot (especially not inward) on your surgical leg



Do not cross your legs or ankles



Walk every single hour that you are awake with approved assistive device

You are able to place _____ through your surgery leg

Stair Negotiation:

Ascending – go up the stairs with the good/strong/non-surgical leg first

Descending – go down the stairs with the bad/weak/surgical leg first

Use railing(s)/grab bar(s) if one or both are available

If using a cane on the stairs, the cane will move last (after both your legs) when ascending and the cane will move down first when descending

Negotiate the stairs one step at a time until cleared by PT or your surgeon