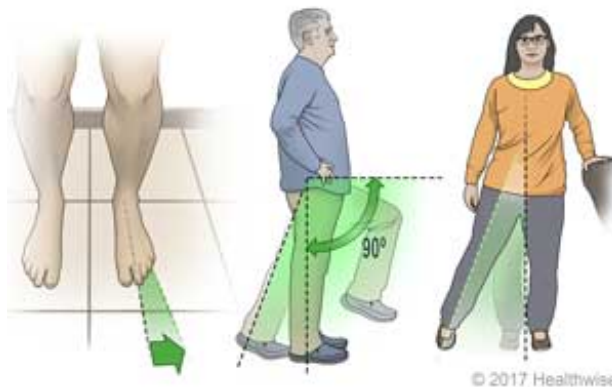


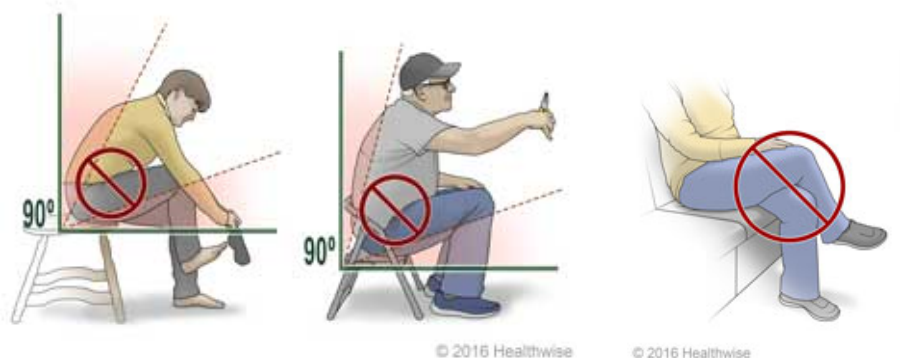
TOTAL HIP JOINT REPLACEMENT DISLOCATION PRECAUTIONS FOR POSTERIOR APPROACH

Please keep your hip within safe positions while it heals to minimise the risk of dislocations. Some leg and foot movements increase the risk of dislocating your new hip. These precautions are especially important in the first 6 months of recovery.

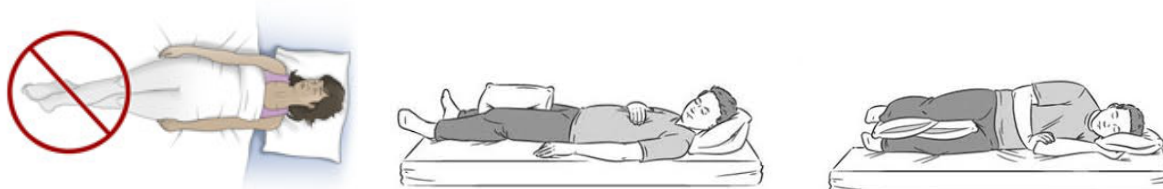
- Standing
 - Keep your toes pointing forward or slightly outward. Do not turn your toes inward
 - This is easily forgotten when turning torso around to reach behind or to turn around in tight spaces - ensure toes always point outward relatively to body so turn away from operated hip or if unsure, take small steps and shuffle to safely turn around
 - Do not bend your knee above your waist or over 90 degrees at the hip
 - Keep your knees apart. Do not cross your legs while standing.
 - This gets slightly confusing with the hip flexed to 90 degrees, but same general rule applies, keep knees apart and do not cross thigh/knee across midline.



- Sitting
 - Do not lean forward while sitting and do not bend past 90 degrees (like the angle in a letter "L") at the hip.
 - You cannot try to pick something off the floor or bend down to get to your socks or shoes
 - Do not lift your knee higher than your hip
 - Do not sit on low chairs, sofa, bed or toilet seats - you will need a raised toilet seat
 - Sit in chairs with arm rests to avoid leaning too far forward to stand up
 - Do not cross your legs when sitting



- Sleeping /lying in bed
 - Do not cross your ankles while lying down
 - Keep a pillow between your knees when you are in bed
 - If able, try avoiding sleeping on your side



- Car (passenger)
 - You should not drive for 6 weeks after your hip joint replacement
 - Back the car seat as far as possible to avoid flexing the hip past 90 degrees
 - To get into a car
 - Hold the back of the seat and car frame for support and to slowly lower self. Watch your head.
 - Sit on the edge of the seat and slide buttock across to the middle of the seat
 - Pivot on your buttocks as your lift one leg at a time into the car, ensure you keep your knees about two hand's breadth apart at all times
 - A plastic bag on the seat can help you slide and pivot easier
 - To get out of a car
 - Reverse the above

