Exercises and positioning following total HIP replacement

During the first three months after your hip replacement surgery, you must perform your exercises as instructed, continue with your walking program, and follow instructions regarding positioning your new joint.

Positioning your new hip joint
To protect your new joint while sitting, do not roll the knee on the operated side toward the middle of the body. (That is, no internal rotation.) Follow this precaution for at least three months. In addition, please follow these instructions. Please note that a gray shaded dot in the illustration indicates the operated hip.

When you are sitting
• DO sit with equal weight on both your hips. Imagine you are sitting on home plate on a baseball field. Position your knees at first base and third base (about six inches apart) with your feet together.

• When getting up and down from a seated position go straight up and straight down. Do not twist.

• Avoid very low seating positions and use a chair that has arms that you can use to get into a standing position.

• If you need to pick something up off the floor, reach between your legs.

• Here are two suggested techniques for putting on your shoes and socks.
**When you are sitting:**

- DON’T reach to the outside of your operated leg.
- DON’T cross your legs at the thighs.

**When you are resting in bed**

- While in the hospital, lie with the head of your bed flat at least three times a day for thirty minutes.
- Do not place a pillow under your operated leg while lying on your back.
- Once you are home, lie on your stomach three times a day for thirty minutes.

**When you are sleeping**

- It is safe to sleep on your operated hip if it is comfortable.
- It is safe to sleep on your stomach. Use a pillow between your legs as you roll on to your stomach.
- If you choose to sleep on the side of your unoperated hip, it is best to place a pillow between your legs. Make sure your knee from your operated side does not roll over onto the bed.