

# HIP TOTAL

## PRECAUTIONS

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### POSTERIOR HIP REPLACEMENT

- 1. NO BENDING HIP PAST 90° FLEXION.**  
DON'T BEND FORWARD WHEN SITTING.  
DON'T BRING KNEE UP PAST HIP
- 2. NO CROSSING LEGS. KEEP KNEES APART.**  
USE PILLOW BETWEEN KNEES IN BED.
- 3. AVOID TOES TURNING IN.**  
KEEP TOES FORWARD OR SLIGHTLY OUT.

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### ANTERIOR HIP REPLACEMENT

- 1. AVOID HIP EXTENSION**  
(LEG MOVING BEHIND THE BODY)  
NON-SURGERY FOOT LEADS WALKING BACK
- 2. AVOID EXCESSIVE HIP ABDUCTION**  
(LEG OUT TO THE SIDE OR FEET FAR APART)
- 3. AVOID FIGURE 4 POSITION**



REPLACEMENTREADY

by **MOVEMENT  
COLLECTIV =**