

HIP TOTAL

CHEAT SHEET

1. NO FALLS!
2. USE ASSISTIVE DEVICE FOR BALANCE
3. FOLLOW YOUR PRECAUTIONS.
DIFFERENT PRECAUTIONS FOR
POSTERIOR VS. ANTERIOR APPROACH
4. NO JUMPING/RUNNING
5. BE CAREFUL OF INCISION.
WATCH FOR SIGNS OF INFECTION.
6. NO TWISTING IN THE HIP OR LIFTING
HEAVY OBJECTS
7. SEE STAIRS VIDEO FOR INFO ON HOW TO
STAY SAFE ON STAIRS AFTER SURGERY



REPLACEMENTREADY

by **MOVEMENT
COLLECTIV =**