



Consultant Orthopaedic & Sports Surgeon

After Your Hip Replacement

Safe body positions During your surgery your doctor cuts through the large muscle on the side of your hip. This weakens the muscle temporarily and makes the hip joint less stable; therefore, there are some positions that you must avoid to reduce the risk of dislocating your hip.



DO NOT bend your operated hip beyond 90° when sitting, standing or lying.



DO NOT cross your legs or bring them together.

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- DO NOT twist your body, especially at the hip or waist. Maintain your body in a straight position. Keep your knee pointing straight up when lying or straight ahead when sitting.

Usually it is necessary for you to avoid these positions for six to eight weeks after your surgery; however, in some cases it may be longer. At your follow-up appointment, you will be advised when to discontinue these precautions. Sometimes there may be additional precautions depending on your surgery. Your surgeon and therapists will explain any other precautions to you.