

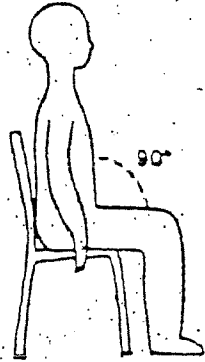
# PRECAUTIONS FOR TOTAL HIP ARTHROPLASTY

1. NO hip flexion greater than 90 degrees ( lifting knee toward chest or bending over )
2. NO internal rotation ( knees facing each other, or pigeon-toed position )
3. NO hip adduction past neutral ( crossing legs, or side-lying with legs moving past midline )

**DO NOT :**

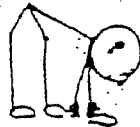
**BEND HIPS PAST 90°**

WHEN  
SITTING,  
STANDING,



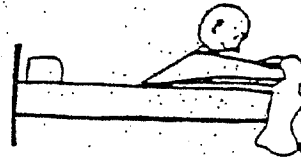
OR WHEN  
LAYING IN  
BED

**DO NOT**



**BEND  
WAY OVER**

**DO NOT**



PULL BLANKETS  
UP LIKE THIS

**DO NOT**



GET UP  
LIKE THIS

**DO NOT SIT**

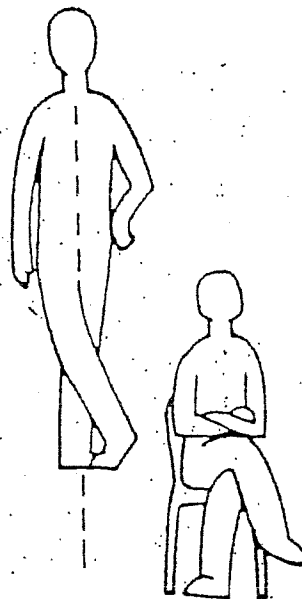


LOW ON TOILET  
OR CHAIR

**DO NOT :**

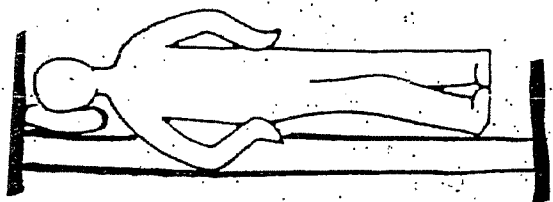
CROSS LEGS

WHEN STANDING,  
SITTING OR WHEN  
LAYING IN BED



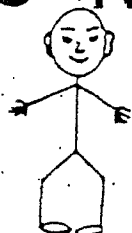
**DO NOT :**

**TURN FOOT INWARD**



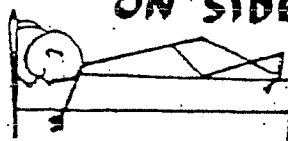
WHEN LAYING  
IN BED  
OR WHEN  
STANDING

**DO NOT**



STAND WITH  
TOES  
TURNED IN

**DO NOT** LIE  
ON SIDE



WITHOUT PILLOW  
BETWEEN LEGS