

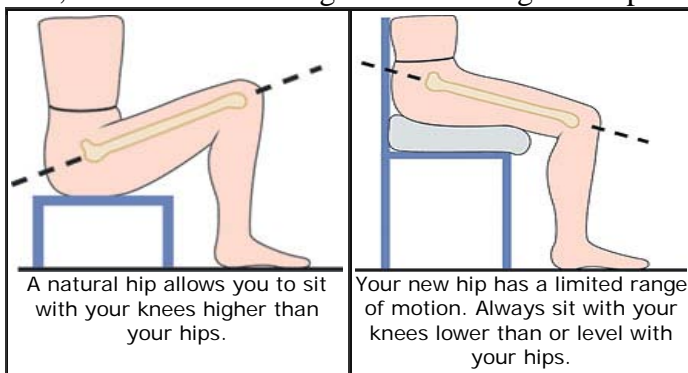
HIP PRECAUTIONS

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

Your new hip has a limited safe range of motion. This means it can't bend and turn as much as a natural hip; you'll need to move differently now than you did before surgery. This will help prevent your new hip from popping out of place (dislocating).

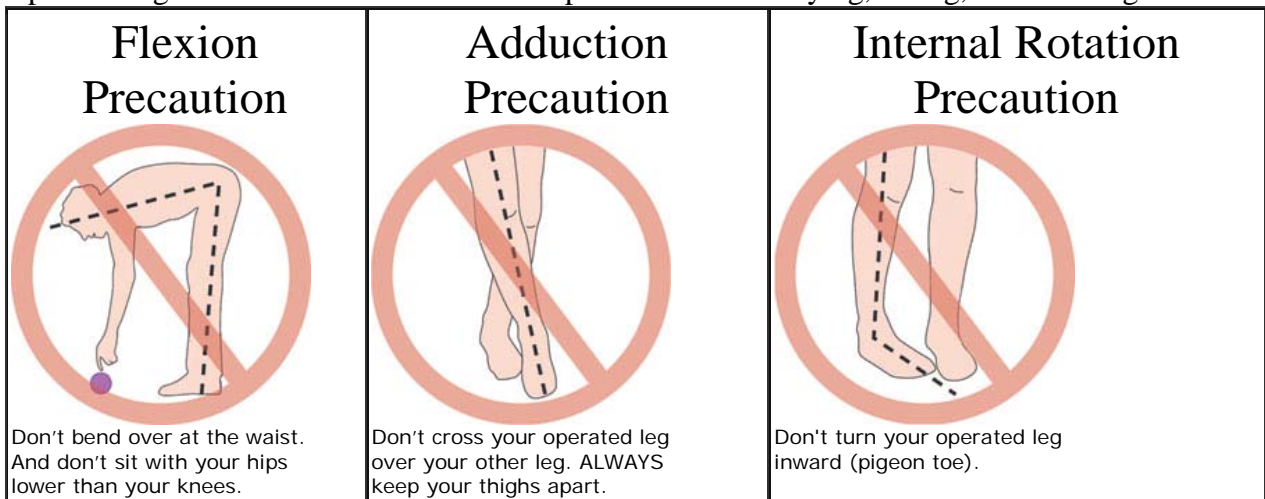
Sitting Safely

To protect your new hip, you must sit with your knees lower than or level with your hips. To do this, sit in chairs with high seats. Placing a firm pillow on the seat of a chair can also help.



Following Precautions

You must protect your new hip by following precautions. This will allow your hip to heal and help keep it from dislocating. You may also be told to limit how much weight you put on your operated leg. You will learn how to follow precautions when lying, sitting, and standing.



Adapted from Krames On-Line

IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your current health condition.
 For ALL emergencies requiring IMMEDIATE medical attention, call 911.
 Teachingsheet-hipprecautions/09-09