

Activity Precautions

- ⊗ No jumping
- ⊗ No landing stiff legged on the operated leg

Rule of thumb: It takes about 8 weeks for the bone to heal around prosthesis. Your physical therapist and/or your surgeon will give you guidance on increasing your activity.



Knee Precautions

- Practice straightening and bending your knee as instructed by your physical therapist to prevent stiffness.
- Do not sleep or rest with a pillow(s) under your knee to avoid the inability to completely straighten your knee. Use pillows under the heel instead.
- Elevate your leg above your heart with pillows/blankets (under your heel ONLY) to decrease swelling and pain.
- Hold operated leg out in front of you when getting up or sitting down.
- You will be able to kneel again, but it may be 8-12 weeks or longer.
- Initially it may feel like you're kneeling on a #2 pencil, but this will improve with time.

Hip Precautions

Posterior Hip Replacement (incision is on the side of the hip/buttock)

Care must be taken to prevent the new hip from coming out of socket or dislocating from pelvis. Simple precautions will keep the risk at a minimum.

- Do not sleep on either side. Resting and Sleeping may be more comfortable in a recliner.
- Do not rest or sleep without your pillow wedge. (provided upon discharge)
- Avoid extreme positions such a yoga, running and jumping.
- Do not use exercise equipment not approved by physical therapy.
- Do not sit for more than 1 hour.
- Do not cross leg while sitting or lying down.
- Do not turn feet inward or outward – keep toes pointing forward.
- Do not bend at waist beyond 90 degrees.
 - Do not lift knees higher than hips.
 - When lying down, do not bend forward to pull blankets from around feet.
 - Avoid low toilets or chairs that would cause bend at waist beyond 90 degrees.
 - Do not bend over to pick things up – use a reacher.



DO NOT extend leg behind you



DO NOT allow surgical leg to turn out to the side



DO NOT lift heavy items



DO NOT cross legs



DO NOT bend past 90 degrees



DO NOT twist