

## UNDERSTANDING YOUR PRECAUTIONS:

# Total Hip Arthroplasty – Posterior Approach

**AFTER A POSTERIOR APPROACH** total hip replacement, there are some positions your provider will require you to avoid during recovery. It is important to follow these precautions and any other instructions given to you regarding your new hip to protect it and allow it to heal properly.

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## YOUR NEW HIP

During a hip replacement surgery, the head of your thighbone (femur) was replaced with a durable implant called a prosthesis. To do this replacement, your surgeon dislocated your hip which weakened the ligaments and muscles that surround and control it. These muscles need time to heal and strengthen to hold your new joint in place.

Your new prosthesis is smaller than the head of the femur that was replaced. This smaller size means if you twist too far or fail to follow the precautions, it can come out of place.



HIP JOINT WITH PROSTHESIS

To avoid dislocating your new hip, you will need to follow the hip movement precautions.

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## SITTING PRECAUTIONS



**Do not bend your operated hip beyond a 90° angle.**



**Do not cross your operated leg or ankle**



**Do not turn your operated leg inward in a pigeon-toed position**

Useful tips:

- If you bend beyond 90° when using the restroom, you will need a toilet seat riser.
- Sleep on your back or with a pillow between your legs.
- Extension grabbers are often useful.



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