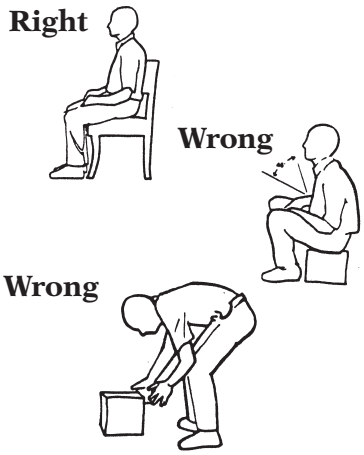
Total Joint PREP Program

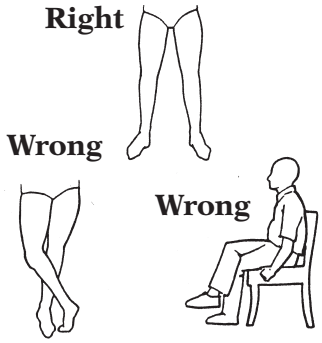
PREParing You For Surgery

The precautions below are to be taken after your total hip replacement. Follow these instructions until your physician allows you to return to your normal daily activities.



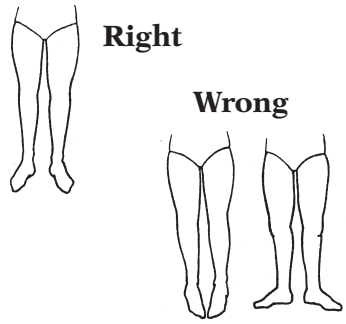
1. DO NOT bend the hip greater than 90°.

- Do not sit on low chairs, sofas or recliners.
- Keep the knee on the operated side lower than the hip.
- Do not bend forward (ie., to pull covers up in bed or to tie shoes).
- In some instances, an elevated toilet seat or bedside commode will be required.



2. DO NOT cross legs while sitting or lying on back or side.

- Place pillows (2) between legs while in bed or on chair to help maintain neutral position.



3. DO NOT roll operated leg inward/outward while lying, sitting or standing.

- Do not pivot on your operated leg; take small steps while turning.
- Keep toes pointed toward ceiling when lying in bed.

Continue to use walker, crutches or cane until your doctor instructs otherwise.

Exercise _____ times per day as instructed by your physical therapist.

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