Safe Zone Precautions (Moving Safely After Your Hip Surgery)

Your surgery was a:
- Direct anterior hip replacement
- SuperPATH hip replacement

This type of hip replacement surgery decreases the amount of trauma to your muscles and soft tissues.

You may do the activities shown as long as the pain in your new hip is minimal and does not increase while doing the activity.

Let your therapist know if pain affects your ability to do these activities.

You may need special equipment to help you be independent.

Continue to use your walker or crutches until your surgeon or therapist says it is safe to stop.

Continued
Safe Zone Precautions
Moving safely after a hip replacement surgery

Getting into and out of tub

Getting on and off toilet

Do not bend forward past the point of pain.

Do not stand and twist until the surgeon says it is OK.