

Activity Reminders After Total or Partial Hip Replacement (Posterior Approach)

Follow these instructions until you see your surgeon in the office. Discuss any questions or concerns with the surgeon. Be sure to ask when you **no longer** have to follow restrictions.

While sitting

- Sit in chairs where your hips are higher or equal height to your knees. Chairs with armrests are recommended.
- Do not lean forward. Keep your shoulders behind your hips. Do not reach past your knees.
- Use assistive devices or have someone help you put on your socks and shoes.
- Don't put your foot on a stool.
- Put a cushion on low chairs to avoid sitting with too much hip bend.
- Arrange for a raised toilet seat if needed.
- Avoid sitting for longer than 1 hour without getting up to walk.
- Avoid reaching at the kitchen table farther than a 90° hip bend.

While lying

- Keep a pillow between your knees or the A-frame, if your surgeon orders it.
- Keep your operative leg in a straight, natural position and do not turn the foot in or out.
- You may lie on your side if you use the A-frame or two pillows between your knees.
- Do not twist your upper body from your hip.

Getting in a car

- Put the seat as far back as possible. Sit buttocks down first at the end of the seat, slide in, then turn, bringing your legs around in front of you.

When walking

- Do not pivot – take mini steps when turning.
- Tell your surgeon if you have any new symptoms or pain while weight bearing.
- Avoid standing longer than 10 minutes without walking.

Exercise

- Exercise and walk as much as you are able, **not to the point of being overly tired**. Keep active with walks and exercises as instructed. For other exercises, such as bicycle riding, discuss with your therapist or surgeon.

Sexual activity

- Most doctors suggest waiting 6-8 weeks after the surgery before having intercourse.
- Activities such as touching, holding hands, caressing, etc. can begin right after surgery.
- Take the passive position, and follow your hip precautions.
- Follow any other limitations given by your surgeon.
- Be well rested before sexual activity and be prepared to rest after.
- Take pain medication before sexual activity.
- Certain medications can affect sexual desire or performance.
- Talk about these guidelines and any other concerns with your sexual partner.

Driving

- Driving is not recommended for the first 4-6 weeks. Ask your surgeon when you can drive.