

Department of  
Occupational Therapy

# Post-Operation Hip Precautions Posterior Approach



# INTRODUCTION

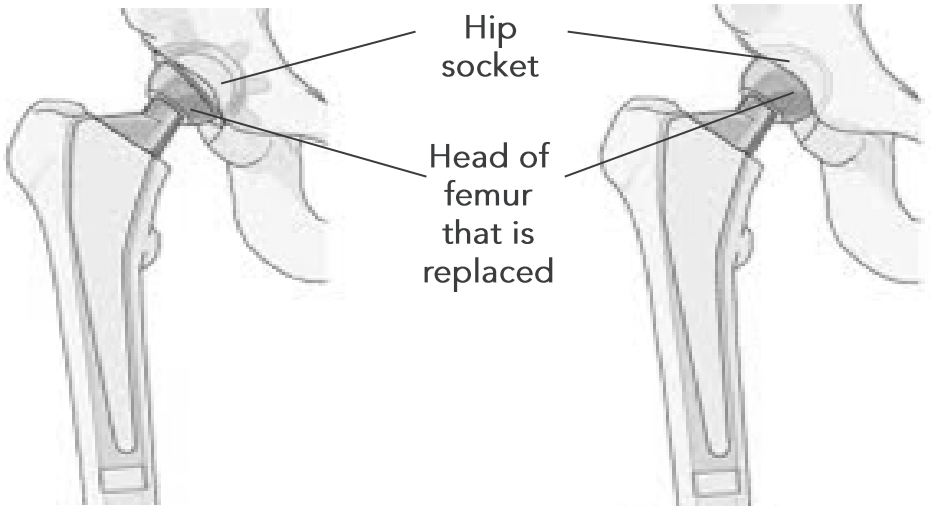
## HIP REPLACEMENT SURGERIES

The type of hip replacement you have is determined by the extent of your hip injury or degeneration. The two types of hip replacements are:

i) Total Hip Replacement (THR) / Total Hip Arthroplasty (THA)

ii) Hip Hemiarthroplasty (Hip HA)

The THA / THR is a surgical procedure to replace damaged areas of the hip joint with metal and plastic components. Both the top of the thigh bone (femoral head) and the hip socket are removed and replaced. Hip HA (also known as partial-replacement) procedure only replaces the femoral head.

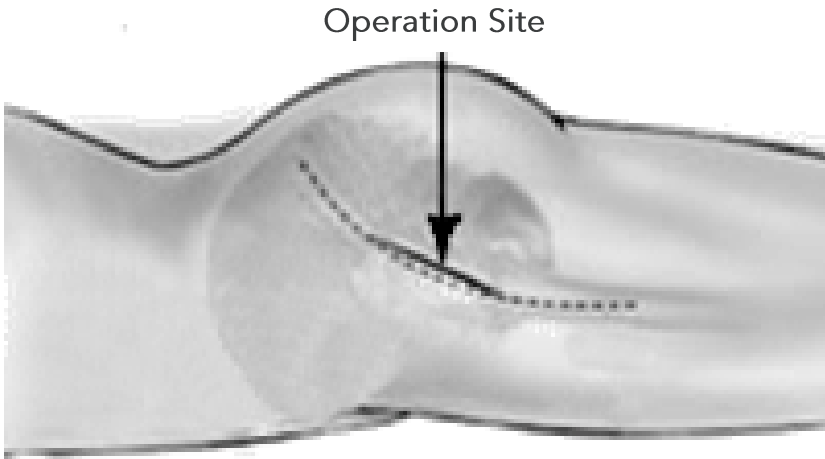


Total Hip Arthroplasty

Hip Hemiarthroplasty

## POSTERIOR APPROACH

The posterior approach is a traditional approach used.



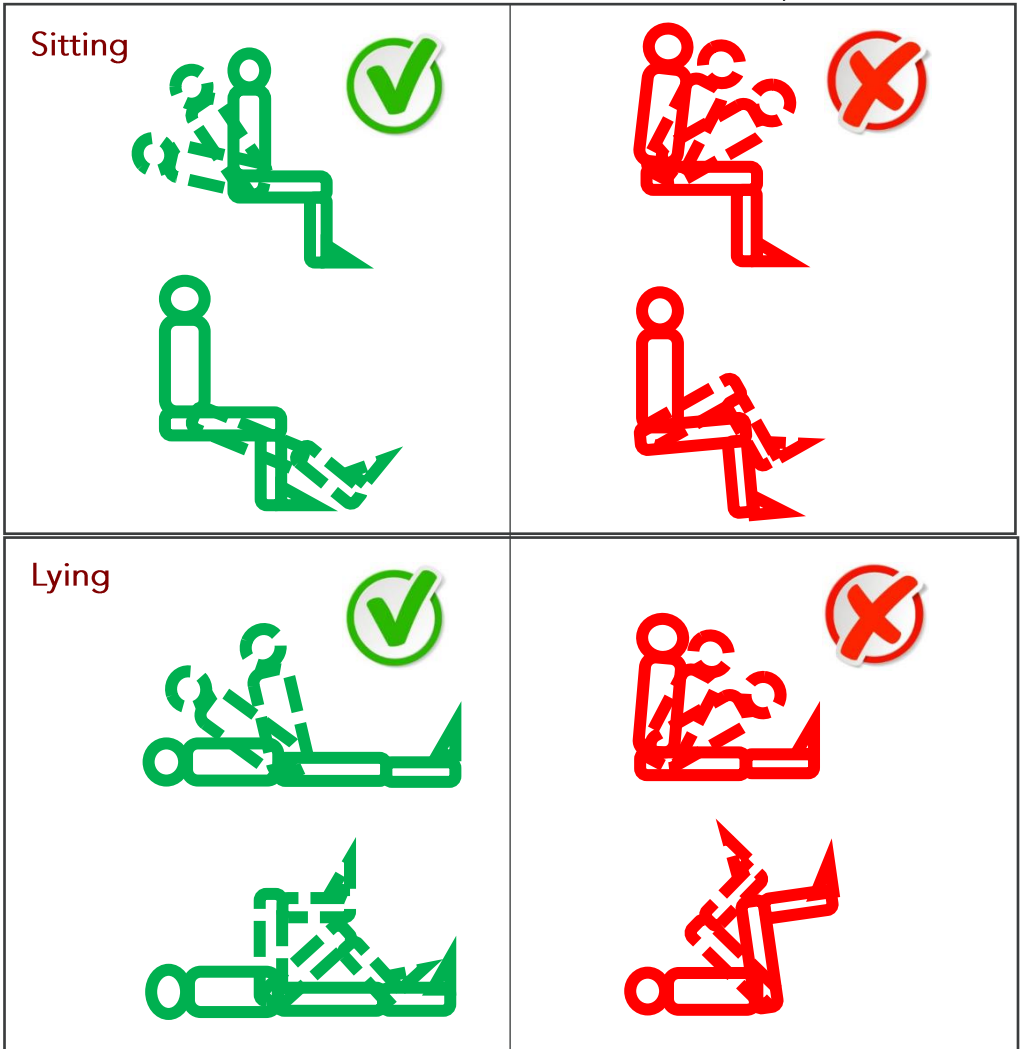
Right after your surgery, some movements will be too stressful for your new hip joint and may cause loosening and dislocation of the affected hip.

Please observe these precautions for 6-8 weeks or more, as advised by your surgeon.

# THREE POSTERIOR HIP PRECAUTIONS TO ADHERE TO:

1. Avoid crossing your operated leg.
2. Avoid twisting your operated leg inwards.
3. Avoid bending your body forward excessively or bringing up the operated leg close to your body (keep operated hip bent less than 90 degrees).

Please refer to illustration below for sitting and lying position.





## HIP PRECAUTIONS – ON THE BED

\*black band indicates operated leg



Avoid crossing your legs.



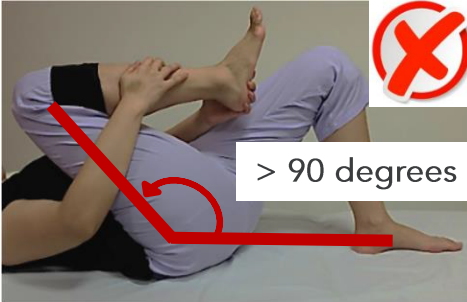
Keep your legs apart with operated leg (knee/toes) pointing upwards.



Avoid twisting operated leg inwards.

# HIP PRECAUTIONS – ON THE BED

\*black band indicates operated leg



Avoid bringing the operated leg up to your body.



Keep your operated hip bent less than 90 degrees.



Avoid reaching forward to retrieve items.



Set up your environment to keep necessary items within reach or call for help.



Avoid crossing operated leg when lying sideways.



Use thick pillow or bolster to keep your legs apart when lying sideways.

# HIP PRECAUTIONS – SITTING

\*black band indicates operated leg



Avoid sitting on low chair.



Avoid squatting.



Sit on a chair with back rest and arm rest whenever possible. Keep your operated hip bent less than 90 degrees.

# HIP PRECAUTIONS – SITTING

\*black band indicates operated leg



Avoid crossing your legs.



Avoid twisting your operated leg inwards.



Sit with your legs apart and toes pointing front.



# HIP PRECAUTIONS – SITTING

\*black band indicates operated leg



Avoid reaching forward to retrieve items.



Place items within reach, at the side if possible.



Avoid reaching down to retrieve items from the floor.



Make use of a long handled reacher to retrieve items from the floor.

# HIP PRECAUTIONS – SIT TO STAND

\*black band indicates operated leg



Bring your buttocks to the edge of seat first before standing up.



Straighten your operated leg when standing up.



Support yourself using your hands when standing.



# HIP PRECAUTIONS – STANDING

\*black band indicates operated leg



Avoid bending down to retrieve items from the floor.



Use long handled reacher to reach for items from the floor.



Avoid twisting your body when doing standing task at the sink.



Face the front when doing standing task at the sink.

## HIP PRECAUTIONS – TOILETING

\*black band indicates operated leg



1. Always keep your operated hip bent less than 90 degrees.
2. Use grab bar support and push yourself up from toilet seat.
3. Stabilize yourself when standing up and reposition your operated leg.
4. Ensure both your feet are straight and not twisted inwards.



Avoid twisting your body when flushing.



Face the flush directly instead of sideways.



Avoid squatting on toilet seat or use squatting toilet.



Use a raised toilet seat or commode to raise seating height if necessary.



Sit forward (to front part of toilet seat) to clean your private body part.

# HIP PRECAUTIONS – SHOWERING

\*black band indicates operated leg



1. Shower while sitting down.
2. Ensure the water outlet is within your reach.
3. Always keep your operated hip bent less than 90 degrees.



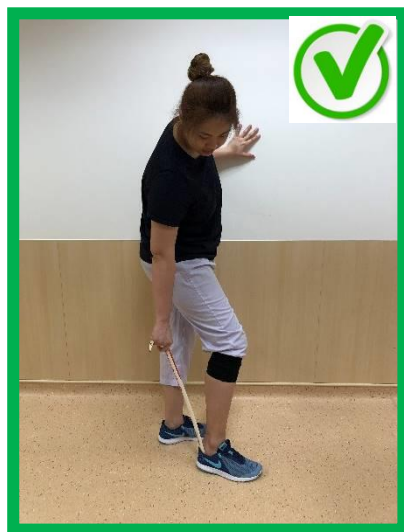
1. Place shower items within your reach.
2. Reposition your body if needed.
3. Use a long handled sponge to wash your legs while sitting.

## HIP PRECAUTIONS – WEARING SHOES

\*black band indicates operated leg



1. Use shoe horn to wear shoes while sitting.
2. Avoid twisting your operated leg inwards.
3. Always keep your operated hip bent less than 90 degrees.

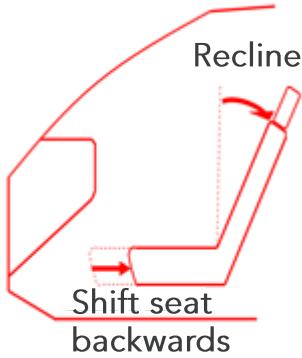


1. Use shoe horn to wear shoes while standing.
2. Avoid twisting your operated leg inwards.
3. Hold on to wall for stability if required.



# HIP PRECAUTIONS – ENTERING CAR

\*black band indicates operated leg



Sit at the front passenger seat. Slide back the seat as far as you can and recline the backrest approximately half way.



Keep your operated leg in front, then lower yourself into the car slowly.





3

Use your non-operated leg to push yourself back into the seat.



4

Lift up your operated leg into the car or ask for help.

## ENSURE THE FOLLOWING



Always keep operated hip bent less than 90 degrees.



You can use a firm cushion to raise up the seat height.

# HIP PRECAUTIONS – EXITING CAR

\*black band indicates operated leg



Lift your leg out of the car slowly while turning your body.



Shift yourself out of the car by using stable surfaces such as the support handle.



Keep your operated leg in front at all times.



Put your non-operated leg on the ground to stabilise yourself.



Look for stable surfaces to push yourself to standing position.

**AVOID THE FOLLOWING**

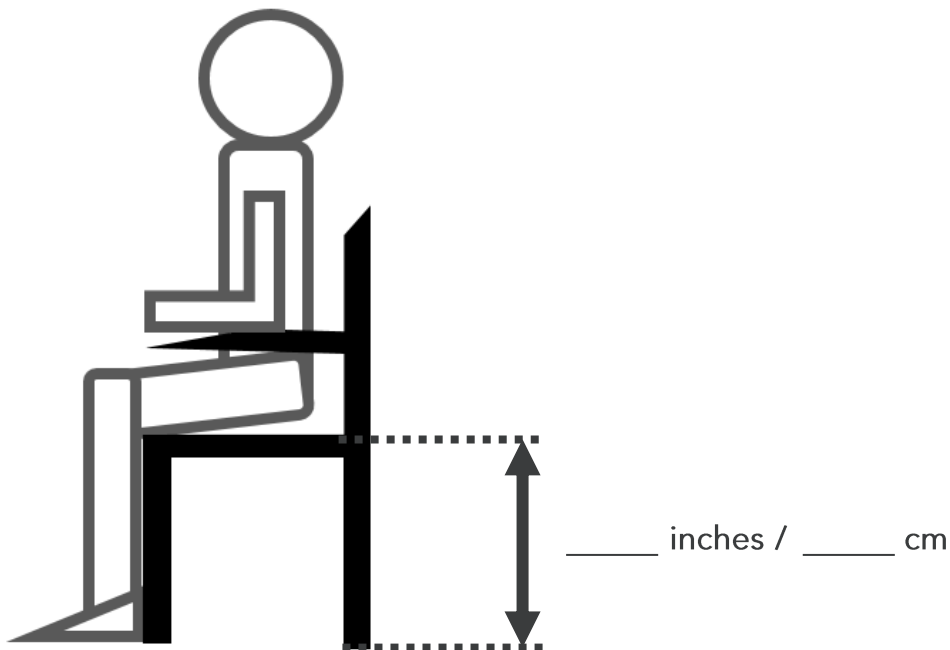


Do not bend your operated hip more than 90 degrees. Avoid bending your knees excessively towards your body.



Do not hold onto the car door. It can move and cause you to lose balance. Watch out for your head.

# RECOMMENDED SEAT HEIGHT



Refers to the height of your chair/bed from the top of the seat to the floor, with someone sitting on it.

# NOTES

# UPON DISCHARGE

Upon discharge, you should be able to achieve the following on your own or with the help of your loved ones:

- a) Move from bed to chair, and vice versa.
- b) Perform the exercises demonstrated by your Physiotherapist.
- c) Take the necessary precautions and safety measures during daily activities as advised by your Occupational Therapist.

Your Occupational Therapist or Physiotherapist may modify these goals to fit your particular condition.

## AFTER DISCHARGE :

- Continue doing your daily activities and exercises taught.
- You may be referred to the outpatient Occupational Therapy or Physiotherapy clinic to continue your rehabilitation program. The goal is to be able to return to your normal activities (before operation) as soon as possible.

*Special Thanks:  
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Scan the QR Code with your smart phone to access the  
Post - Operation Hip Precautions – Posterior Approach  
video on our TTSH YouTube Channel

To access more information on other health conditions  
and treatments online, please visit  
<http://bit.ly/TTSHHealth-Library>.



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If you have any further enquires, please check with your healthcare team during your hospital stay.