

## **HIP PRECAUTIONS**

1. Do not bend your hip more than 90 degrees
2. Do not bring the operated leg past the midline of your body. (Do not cross your legs or your ankles)
3. Do not turn your foot in. Always keep toes of affected leg pointing straight ahead.
4. Do not pivot on a planted foot. When turning, take small steps in the direction you want to turn, keeping feet straight ahead.
5. Do not extend hip past neutral.

### **Sleeping recommendations:**

Use a pillow between your legs in bed to help maintain a proper position and to keep your legs apart. If lying on non-operative side, have a large pillow between your knees.