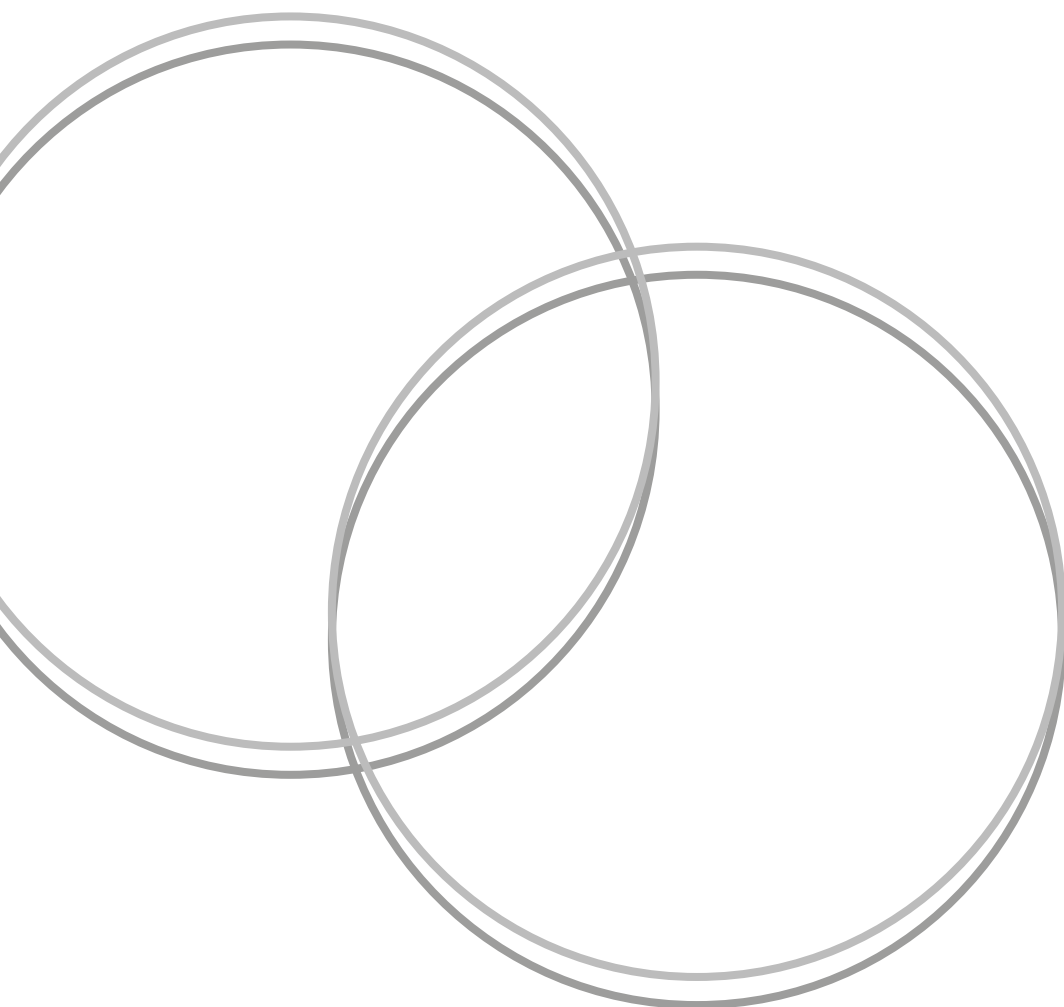


Hip Precautions

Information for patients



Who is this leaflet for?

This leaflet is **only** for patients who have been advised to follow hip precautions after their surgery.

If your surgeon has advised hip precautions then this booklet will be issued to you to help you follow.

Hip Precautions

1. No bending of the hip beyond 90 degrees:

- a) Do not sit with your knees higher than your hips when sitting on a bed, chair or toilet.



b) Do not bend to reach lower than your knees



2. No twisting

You need to turn your whole body to direction required rather than twisting around.



3. Do Not cross your legs.

Think of a line down the middle of your body; do not cross your operated leg over this line.



Sleeping

It is recommended you sleep on your back to avoid crossing your legs.

If you are unable to sleep on your back, then you should keep a pillow between your knees when on your side.

How to contact us

Please contact **Pathway Administrators: 01865 737876** between 08:30-12:30, Monday to Friday if you have any questions. They will contact the correct person, depending on the nature of your enquiry.

Alternatively, contact the Occupational Therapy at the Nuffield Orthopaedic Centre.

Occupational Therapy Telephone: 01865 737551

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust

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