

Hip Precautions- Anterior Approach

DO NOT extend hips fully.

- When standing or walking, do not step your operated leg backwards.



- While lying on your side in bed, keep hips and knees bent.



DO NOT cross your legs over the midline of your body.

- When standing, sitting or lying supine, do not cross your legs or ankles.



DO NOT rotate operated leg outward.

- When sitting, standing or lying supine, do not rotate your operated leg with your toes pointing outward.



**** Precautions may be individualized per your Physician's orders**