

Pose Avoidance After Hip Replacement Surgery

SAFE POSES AFTER SURGERY



OK to sit in chair of comfortable height



OK to cross your ankle over your knee to put on sock/shoe



OK to lean forward to pick up object keeping knees shoulder width apart and body between

AVOID THESE POSES AFTER SURGERY



DO NOT rise from chair or commode with knees touching



DO NOT reach back behind your leg to the outside of your ankle to shave leg or fix a sock/shoe