

## Anterior Hip Precautions

- Do not step backwards with surgical leg. No hip extension.
- Do not allow surgical leg to externally rotate (turn outwards).
- Do not cross your legs. Use a pillow between legs when rolling.
- Sleep on your surgical side when side lying.

---

### Anterior precautions (Dr. Attarian)

Do not extend leg behind you. If backing up, lead with non-surgical leg.

Do not lie on stomach.

Do not rotate leg outward (no external rotation of operated hip).

If this is a revision, patient cannot slide leg out to side without assistance (abduct with assistance only)

