

Additional Information Following Total Hip Replacement (THR) for Mr Raghuvanshi Patients

Hip Precautions

To reduce the risk of dislocation following THR Mr Raghuvanshi's patients have to follow restrictions for the first 6 weeks:

- Avoid hip flexion beyond 90 degrees - i.e. sitting with your knee above the level of your or bending forwards past a right angle at your hip.
- Avoid crossing the legs.
- Avoid sleeping on your sides or front and therefore only sleep on your back.
- Avoid twisting of operated leg whilst weight-bearing and walking.

Don't forget the physiotherapists are here to help you and will be pleased to answer any questions that you may have during your stay or after your discharge. If you have any queries, please call 01277 695615.

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