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 unoperated 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)