

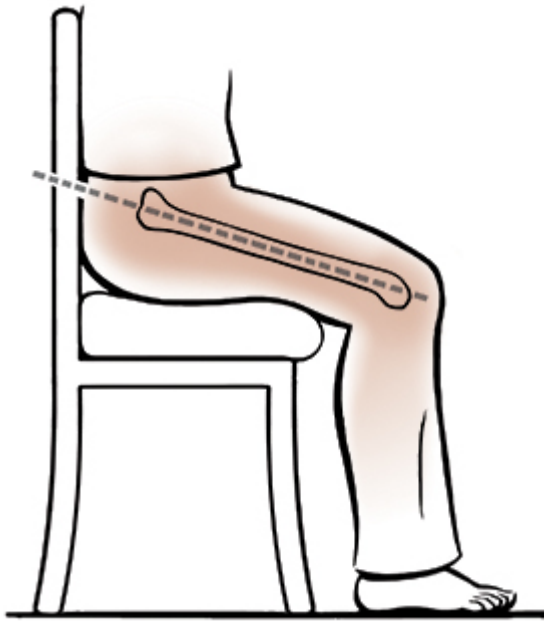
## After Hip Replacement: Sitting Safely



Learn the safe way to sit to protect your new hip. Follow the instructions below.

### Sitting higher

To protect your new hip, you must sit with your knees lower than or level with your hips. To do this, sit in chairs with high seats. Or you can place a firm pillow on the seat of a chair to help raise your hips.



### To sit down

To sit down, back up until the edge of the chair touches your leg. Then, using the armrests to support your weight, lower yourself into the seat. Always keep your operated leg out in front.



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