

# Hip Safety: Sleeping Positions



Your new hip needs extra care while it heals. Follow your "hip precautions" to help you keep from injuring it. Use the tips on this sheet to help keep your new hip safe while sleeping. Be sure to follow any guidelines from your healthcare provider.

## Remember your hip precautions

- Keep the angle at your hip greater than 90°. (Don't move your knees and chest too far toward each other.)
- Don't cross your legs or ankles or let your operated thigh cross the middle of your body.
- Don't turn your operated hip or knee inward.

## Safe sleeping

- Find a position that keeps your hip safe and comfortable.
- Use pillows between your legs to keep your hip in a safe position.
- Follow your healthcare provider's instructions about which side to sleep on.

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