

Anterior Hip Dislocation Precautions

A potential complication of hip replacement surgery is a *dislocation*. This occurs when the ball comes out of the socket after your hip replacement. Dislocations can be avoided if you follow some basic rules. These rules are most important in the first 3 months after surgery.

Positions to Avoid

The pictures below are for a right-sided hip surgery.

External Rotation with Hip Extension



The general rule is never rotate your toes outward while extending that same leg backward.

Quadriceps Stretch



Do not reach back and grab your foot to stretch your quadriceps muscles.

Hamstring/Gluteal Stretch



Do not pull your knee forward to stretch your hamstrings or gluteal muscles.

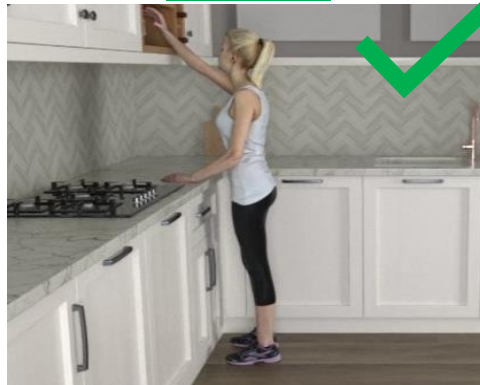
Below are some examples of incorrect maneuvers (left) and the corresponding correct maneuver (right). Using the methods on the RIGHT side of the page will protect your hip from dislocation.

INCORRECT



Do not turn and reach into a cupboard without turning your feet.

CORRECT



Instead, turn your feet first toward the cupboard and then reach straight forward.



Do not drop your leg out of bed to the floor.



Instead, turn both legs at the same time and then drop them to the floor.



Do not drop one leg to the ground getting out of the car.



Instead, turn your body and both legs together, then drop them to the ground at the same time.