

Total Knee Replacement Considerations:

Pre-op
&
Post-op



- You are **ENCOURAGED** to **actively extend and flex** your knee throughout the day.
- Do **NOT** keep a pillow under your knee for long periods of time.
 - The pillow is to be removed often to allow you to actively extend the operative leg.
- Do **NOT** keep leg extended for long periods of time.

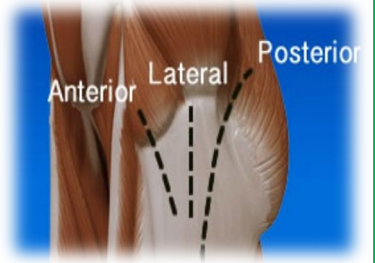
Post-op Hip PRECAUTIONS

Total Hip Replacement Post-op Precaution Videos below

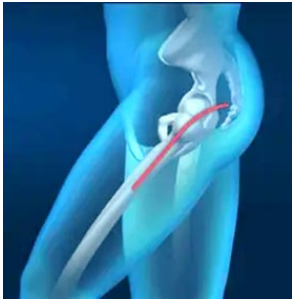
There are three types of surgical approaches for a total hip replacement:

Posterior, Lateral, or Anterior.
Your surgeon will order the specific precautions for you to follow to prevent post-op dislocation.

Below are the QR codes to link you to the videos of each precaution:



Posterior Hip Replacement

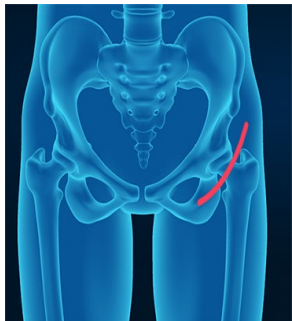


Posterior Hip Precautions

- **No** crossing legs
- **No** turning toes inward (internal rotation)
- **No** bending from waist beyond 90 degrees



Anterior Hip Replacement



Direct Anterior Hip Precautions

Follow your surgeons Direct Anterior Hip replacement precaution orders.

You may have these precautions to prevent dislocation:

- **No** extreme Extension
- **No** flexion with External Rotation

Lateral Hip Replacement



Lateral Hip Precautions

- **No** extreme Extension
- **No** External Rotation
- **No** flexion with External Rotation
- **No** Active Abduction unless allowed by your surgeon