

Greater Baltimore Center for Rehabilitation Medicine Acute Care Physical & Occupational Therapy

Lateral Hip Precautions

Do not take a big step
backwards or extend your
leg behind you.



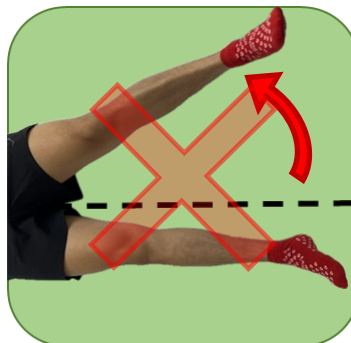
No turning your toes
outward
(**No** external rotation).



Do not cross your
operated leg while
seated and **do not** place
your ankle on your
opposite knee.



Avoid using the muscles of
your operated leg when
moving it out to the side
(**No** active abduction)
Unless allowed by your
surgeon.



Hip Replacement Post-op Precautions Videos

Use the QR code to view videos for Lateral Hip Precautions.

