

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

Posterior Hip Precautions

No excessive bending
forward (hip flexion
beyond 90 degrees) and
do not bring your knee
higher than your hip.



Do not cross your legs
when lying, sitting, or
standing.



No turning your toes
inward
(no pigeon toes).



Hip Replacement Post-op Precautions Videos

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

