

# Hip Precautions

After hip surgery, the supporting tissues around your joint – your joint capsule, muscles, and tendons – are weak. Be careful, some of the simplest movements can dislocate your hip.

These hip precautions will help you protect your new joint. What you can and can't do with your new joint may be different for each person. Always talk to your surgeon.

An easy way to remember the hip precautions is “BC Lottery Ticket” or “BCLT.” Do Not:

- B**end more than 90 degrees
- C**ross your legs or ankles
- L**ift your knee past 90 degrees
- T**wist your leg or torso

## More about “B” and “L”

The precautions are simple: don't bend your torso (chest and abdomen) more than 90 degrees or lift your knee past 90 degrees. But what does that actually mean? Try this: sit up straight in your chair so the angle between your legs and your body is 90 degrees. Now, notice how you can't **bend** your body forward or **lift** your legs without compressing that angle to less than 90 degrees. These are the kinds of movements you should avoid. Protect your hip by avoiding low chairs or beds, and using a special raised toilet seat.

## More about “C”

Put a pillow between your knees and your ankles to make sure you don't **cross** your legs when you sleep. Also remember to get in and out of bed carefully, your hospital physiotherapist will show you how.

## More about “T”

Always turn your entire body, from your feet to your head, as one unit to make sure you don't **twist** your leg or torso. An easy way to make sure you don't twist is to keep your eyes and knees facing the same direction. Instead of simply turning your head to see something, make sure you turn your knees too. This will force you to turn your entire body.

**Remember**, taking care of your hip is more than a full time job. You've got to protect your joint for the next 3 months, 24 hours a day, 7 days a week.