

Lateral Split Hip Precautions

Six to Eight Weeks

1. No bending at the hips past 90 degrees and do not have knees higher than the hips in a sitting position
 - Including reaching down to tie your shoes or picking up objects off the floor
2. Do **not** cross your legs
3. Do **not** roll knee or foot inward or pivot on operated leg
4. Do **not actively** bring your leg away from your body
5. Weight bearing as tolerated



Number 1 is an example of how you should sit. Numbers 2, 3 and 4 are examples of what you should **not** do.



These precautions may vary based on your surgical procedure, as well as Dr. Crichlow's recommendations.