



General Hip Precautions

Note: These instructions and information are provided to help you wear your hip brace wisely. Nothing here is intended to supercede, alter or oppose your doctor's orders. If anything here contradicts what your doctor says, follow his or her instructions exactly!

Your hip brace was designed to protect total hip patients who are at risk to dislocate their hip, to promote healing after hip surgery (particularly revisions), and to remind hip patients to exercise proper precautions.

For nearly all hip brace patients, these precautions are:

1. **Prevent adduction.** Avoid bringing the affected leg across the midline of the body. This includes crossing the legs while sitting or lying.
2. **Prevent internal rotation.** Avoid reaching across the body or leaning toward the unaffected side.
3. **Prevent excessive trunk or hip flexion.** Avoid leaning too far forward or sitting on very low, soft seats.
4. **Wear your brace!** Whether you are wearing your hip brace because you dislocated your hip or because you had surgery, you should follow your doctor's orders regarding when to wear the brace.