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Instructions after Total Hip Replacement by Dr. Harwin

To the Physical Therapist:

*Dr. Harwin uses a stable anterior approach to the hip needing few precautions.
He encourages return to normal activities as soon as possible.*

- Try to resume a normal walking pattern as soon as you can
- Put as much weight on the leg as you feel possible
- Use forearm crutches if possible, rather than a walker
- Switch to a cane as soon as you are comfortable and secure
- You may go outside and resume normal activities as soon as you can

For the first 3 months after your surgery...

- Do not cross the operated leg over the other
- Place a soft pillow between the legs for sleeping
 - With a pillow between the legs, you may sleep on either side
- Avoid squatting and reaching down to the floor
- Avoid sitting in very low chairs
 - The use of an elevated chair or toilet seat is for your comfort only

For any questions or clarifications, call Dr. Harwin's office