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Home Care after Total
Joint Replacement.
Spanish. Cuidados en
el hogar después de un
reemplazo de
articulación total ...

Other Special
Precautions after Hip
Replacement Surgery
You may need to follow
these precautions to
protect your new hip
joint while your
muscles heal. Follow

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these limits for 2 to 6 months, or as

Home Care after Total Joint Replacement - Spanish

Total Hip Replacement Resources. Guide to Total Hip Replacement; Guide to Total Hip Replacement - Spanish; Post-Op Precautions & Instructions - Total Hip Replacement; Post-Op Precautions & Instructions - Total Hip

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Replacement - Spanish;
Activities of Daily
Living - Total Hip
Replacement; Activities
of Daily Living - Total
Hip Replacement -
Spanish

Orthopaedic Resources | St.Vincent's Medical Center | St ...

Total Hip Replacement
- 总髋关节置换术 (Chinese,
Simplified (Mandarin
dialect)) Bilingual PDF
Health Information

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Translations Chinese,
Traditional (Cantonese
dialect) (繁體中文)

Hip Replacement - Multiple Languages: MedlinePlus

Total Hip Replacement
Handout . This handout
provides important
information designed
to prevent
postoperative
complications of your
hip while your tendons
and muscles are
healing. The following

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hip precautions can assist in preventing undue stress on your new hip and reduce the risk of hip dislocation.

Total Hip Replacement Handout - Sydney Local Health District

X41744 (05/2020)

©AAHC Total Hip Replacement Posterior Hip Precautions . Do not bend forward past 90 degrees. Do not cross your legs. Do not

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turn toes inward and do not twist. Do not turn knees inward or together. a rorwara past Y 0 degrees.
AdvocateAuroraHeaLth
For Your Well- Being
make healthy happen .

Posterior Hip Precautions - Aurora Health Care

X19191 (12/2019)

©AAHC Total Hip
Replacement Anterior
Lateral Hip
Precautions. Do not

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move surgical leg out to the side. Do not move surgical leg backward. Use leg lifter or helper to bring leg out to the side. Do not cross or turn surgical leg/ toes outward.

x19191 Anterior Hip Precautions - Aurora Health Care

- Don't bend your hip past a 90 degree angle.
- Don't cross your legs.
- Don't twist

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your hip inwards- keep knees and toes pointed upwards.

Posterior Hip Precautions - Duke University

Anterior Hip

Precautions • Do not step backwards with surgical leg. No hip extension. • Do not allow surgical leg to externally rotate (turn outwards). • Do not cross your legs. Use a pillow between legs

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when rolling. • Sleep on your surgical side when side lying.
Anterior precautions (Dr. Attarian) Do not extend leg behind you.

Anterior Hip Precautions - Duke University

Your new hip needs extra care while it heals. Follow your “hip precautions” to help you avoid injuring it. Use the tips on this sheet to help keep

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your new hip safe while sleeping. Be sure to follow any guidelines from your health care provider. Use pillows to keep your hip in a safe position. Keep a pillow between your legs and against the

HIP PRECAUTIONS INFORMATION

The hip joint helps us keep our balance and supports our weight in all of its movements.

The upper end of the

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leg bone (femur) has a rounded head (femoral head) that fits into a socket (acetabulum) in the pelvis to form the hip joint. During total hip replacement surgery, the damaged part of the hip is removed and replaced

A Patient's Guide to Total Joint Replacement and Complete Care

Spanish translations of
medical information

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from healthinfotranslations.org

Spanish - Health Information Translations from ...

Anterior and Posterior Lateral Hip Precautions Following total hip replacement surgery, certain positions cause undue stress on your hip and could cause the prosthesis to dislocate. Your surgeon will determine which precautions you should

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follow to make your recovery safe and comfortable. Please follow your precautions until cleared by your ...

Anterior and Posterior Lateral Hip Precautions

differing total hip precautions for 4 weeks following surgery. Please remember to listen to your physical therapist and remember not to cross your legs or pick

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anything off of the floor to prevent injury to your new replacement.

PAIN MANAGEMENT If you have used a particular pain medicine (Percocet or Vicodin) that has worked well

**Post-Operative
Instructions: Hip
Hemiarthroplasty**
www.stvincents.org

www.stvincents.org
Total hip arthroplasty

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(THA), also known as a total hip replacement is an elective surgical procedure to treat patients who experience pain and dysfunction from an arthritic hip joint. THA is an effective option if the patient's pain does not respond to conservative treatment and has caused a decline in their health, quality of life, or ability

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**REPLACEMENT POST-
OP CLINICAL
PRACTICE GUIDELINE**

Don't lean forward while you sit down or stand up, and don't bend past 90 degrees (like the angle in a letter "L"). This means you can't try to pick up something off the floor or bend down to tie your shoes. Don't lift your knee higher than your hip. Don't sit on low chairs, beds, or toilets.

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Hip Replacement (Posterior) Precautions: What to Expect at ...

If other treatments such as physical therapy, pain medicines, and exercise haven't helped, hip replacement surgery might be an option for you. During a hip replacement operation, the surgeon removes damaged cartilage and

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bone from your hip joint and replaces them with new, man-made parts. A hip replacement can. Relieve pain

Hip Replacement Surgery | Hip Arthroplasty | MedlinePlus

Precautions Following
Total Hip Replacement
Note: These rules apply
for a minimum of 12
weeks after surgery. It
is recommended to

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take these precautions
6 months after your
surgery or longer.

Remember! 1. Do Not
bend your operated hip
past 90 degree 2.

When sitting Sit on a
firm chair at the level
of your knees or
higher.

Precautions Following Total Hip Replacement

Spanish nouns have a
gender, which is either
feminine (like la mujer

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or la luna) or masculine (like el hombre or el sol). There are certain precautions that a sailor has to take when navigating a storm. Hay ciertas precauciones que un marinero tiene que tomar al navegar en una tempestad.

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