

# Taxadarka hipka: Habka Hore ama Dhinaca



THE OHIO STATE  
UNIVERSITY  
WEXNER MEDICAL CENTER

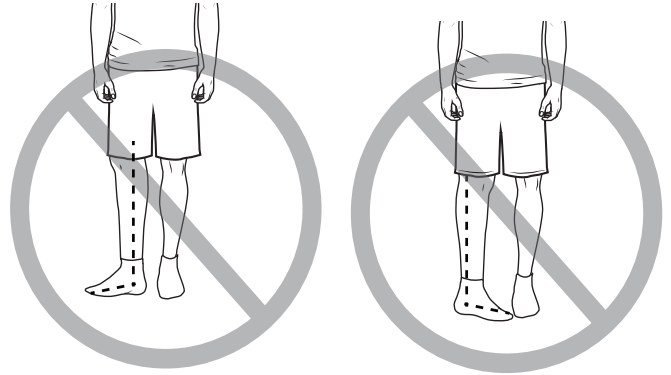
Raac taxaddaradan aasaasiga ah muddo 2 illaa 3 bilood ka dib qalliinka beddelista misigtaada ama sida uu faray dhakhtarkaaga ama takhtarkaaga. Waxaa laga yaabaa in aad leedahay xaddidaad dheeri ee dhaqdhaqaaqa sintaada iyadoo lagu saleynayo qalliinkaaga.

Bowdadaada/sintaada cusub ayaa leh xadidaadyo dhowr ee dhaqdhaqaaq kadib qalliinka. Taxaddaradaan waxay kaa ilaalinayaan in sintaada cusubi ay ka baxdo booskeeda ama furaado iyadoo murquhu kabsanayaan.

## Tusaalooyinka taxaddarka

Waa kuwan tusaalooyinka qaar ka mid ah taxaddaradan wehliyaan falal aad qaadi kartid si aad u ilaaliso bowdadaada/sintaada:

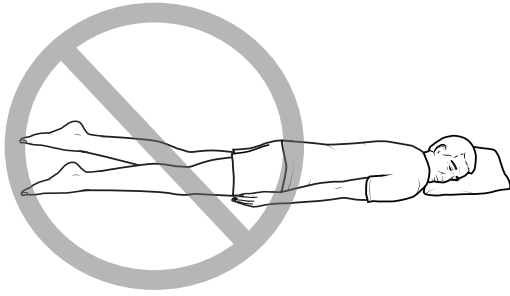
1. **Gudaha ha u leexanin misigtaada ama bannaankaba meel ka sare dhexdhexaad.** Suulashaada hore ha u jeedaan.



2. **Ha dul saarin lugta sintaada cusub lugtaada kale** markaad fadhiisaneyso si aad ksabaha ama siksaanta u gashato. Tani waxay ka hortageysaa wareeg dibadda ee misigta cusub. Weli waxaad dul marin kartaa lugahaaga acnqowyada.

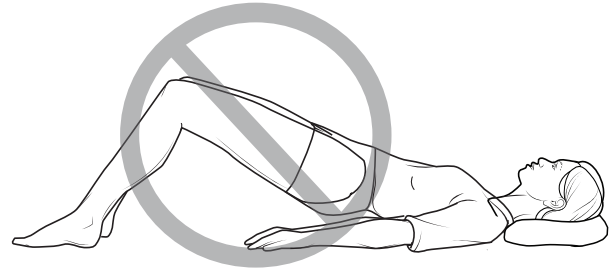


3. **Ha u dheereynin sintaada cusub meel ka shisheysa meel dhexdhexaad ah (20 digrii).** Taas macnaheedu waxa weeye haku laabin sintaada cusub ee gadaal in kabadan socodka caadiga ah.



4. Calooshaada ha ku seexanin ama lugtana kor ha ugu qaadin meelan.

5. Iska ilaali in aad kor ugu qaaddo **miskaha** si aad u sameyso waxyaabaha sida inaad surwaal xirato ama aad isticmaasho tuunjiga sariirta.



6. **Kursigaaga kor u qaad:** Waxa laga yaabaa in aad waxtar u aragto in aad isticmaasho kursiga musqusha oo sare u kaca iyo in aad kursigaada ku dartid barkin ama wax kor u qaada. Xitaa haddii aysan dhibaato ahayn in lagu fadhiisto kursi ama fadhi hooseeya, waxaa laga yaabaa in ay adkaato in kor loo kaco.

**Qoraalkan waxa loogu talagalay ujeeddooyin macluumaad oo keliya. Kala hadal dhakhtarkaaga haddii aad wax su'aalo ah ka qabto daryeelkaaga.**

Wixii macluumaad dheeraad ah ee caafimaadka kusaabsan, tag [wexnermedical.osu.edu/patiented](http://wexnermedical.osu.edu/patiented) ama kala xidhiidh Maktabadda Macluumaadka Caafimaadka 614-293-3707 ama [health-info@osu.edu](mailto:health-info@osu.edu). -

# Hip Precautions: Anterior and Lateral Approach



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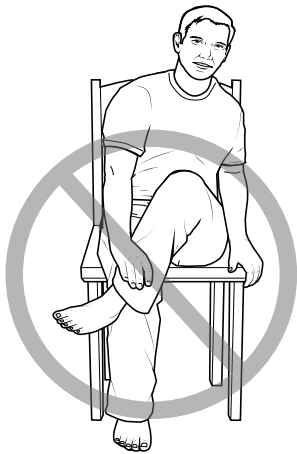
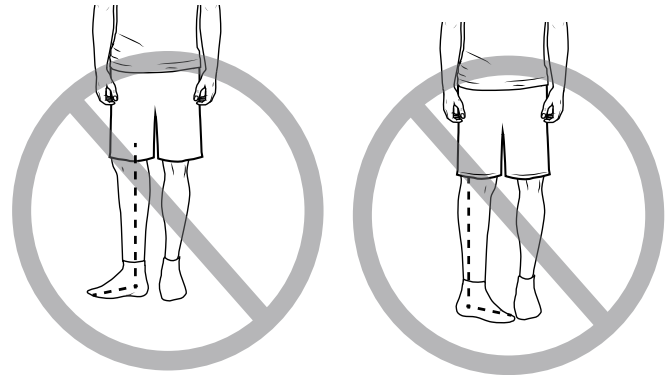
Follow these basic precautions for 2 to 3 months after your hip replacement surgery or as directed by your doctor or therapist. You may have more limits for moving your hip based on your surgery.

Your new hip has limited range of motion right after surgery. These precautions protect your new hip from sliding out of position or dislocating while the muscles heal.

## Precaution examples

Here are some examples of precautions with actions you can take to protect your hip:

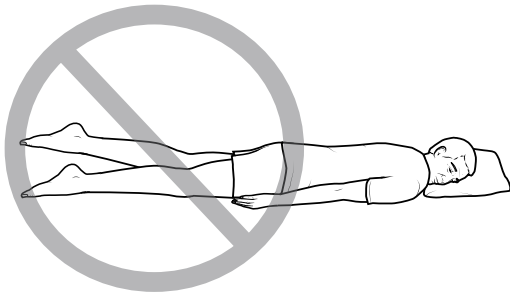
1. Do not turn your hip inward or outward past neutral. Keep your toes pointed forward.



2. Do not cross your new hip leg high over your other leg when sitting to put on shoes or socks. This prevents external rotation of the new hip. You can still cross your legs at the ankles.

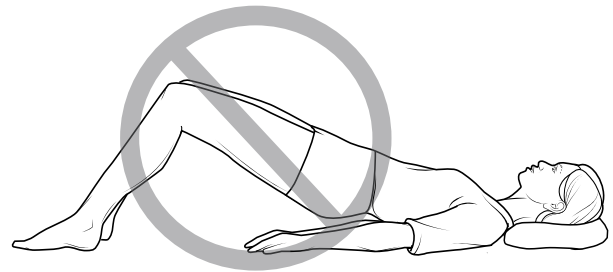


3. Do not extend your new hip beyond a neutral position (20 degrees). This means do not bend your new hip behind you more than with normal walking.



4. Do not sleep on your stomach or lift your leg up in this position.

5. Be careful not to lift your hips up too high to do things like put on pants or use a bedpan.



6. **Raise Your Seat:** You may find it helpful to use an elevated toilet seat and to add a pillow or cushion on your chair. Even if it is not a problem sitting down on a lower couch or chair, it may be hard to get up.

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**This handout is for informational purposes only. Talk to your healthcare provider if you have any questions about your care.**

For more health information, go to [wexnermedical.osu.edu/patiented](http://wexnermedical.osu.edu/patiented) or contact the Library for Health Information at 614-293-3707 or [health-info@osu.edu](mailto:health-info@osu.edu).