

# Taxadarka hipka: Habke Dambe



THE OHIO STATE  
UNIVERSITY  
WEXNER MEDICAL CENTER

Raac taxaddaradan aasaasiga ah ee 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.

Bowdada/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.

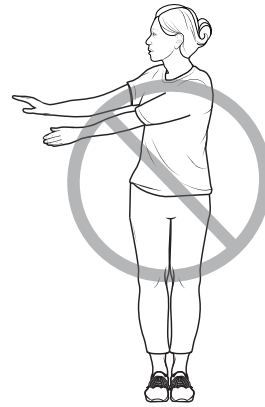
- Haku laabin in ka badan 90 digrii sinta.
- Ha isku dul saarin lugaha jilibka ee sinta
- Ha isku dhex wareejin sinta

## Tusaalooyinka taxaddarka

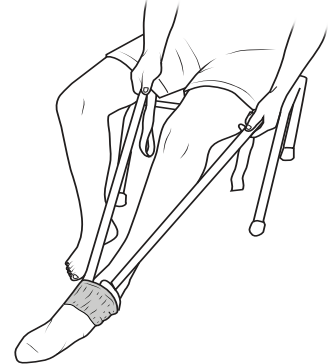
Waa kuwan tusaalooyinka qaar ka mid ah taxadarradan wehliyaan falal aad qaadi kartid si aad u ilaaliso bowdadaada/sintaada:



1. Ha ku laabin jirkaada qeybta sare dhexdaada wax kabadan 90 digrii.

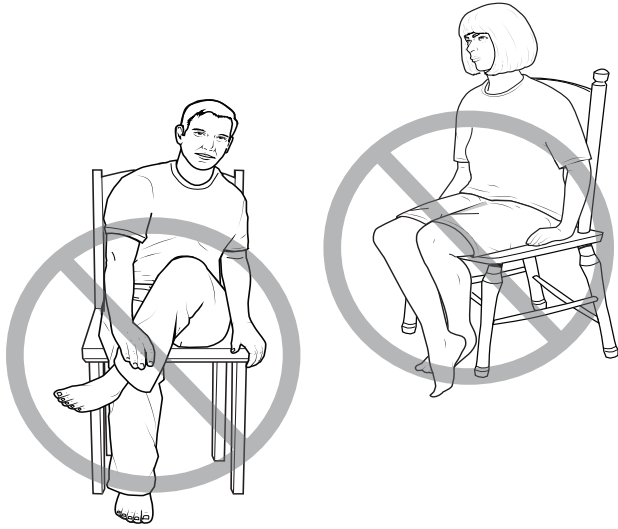


2. Haku nabin lugahaaga dhulka oo ha qalocin sintaada. Cagahaaga kor u qaad oo jidhkaaga oo dhan dhaqaaji marka aad leexaneyso.

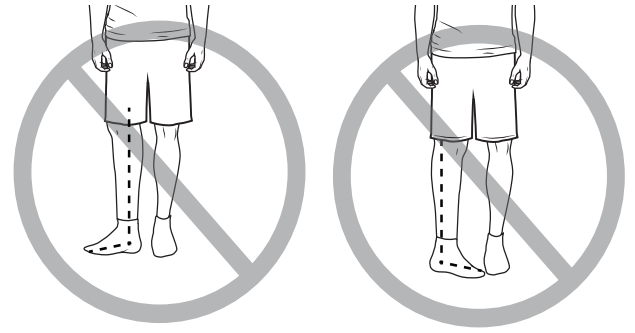


3. Ha gaadhin wax jilbahaaga ka hooseeya. -

4. Isticmaal caawiye siksaan, gaare, gaare, ama qalab kale oo aad wax ku gaartid.



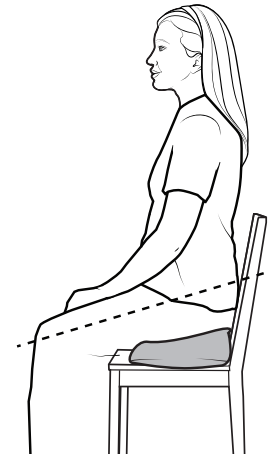
5. Ha isku dulsaarin lugahaaga jilbaha iyo anqawyadaada adoo fadhiya, taagan ama jiifa.



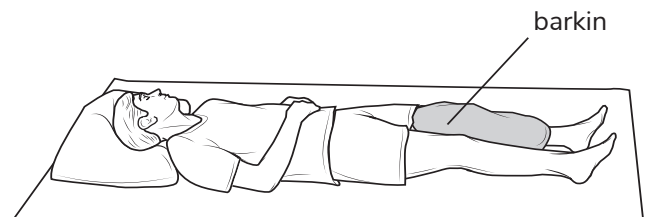
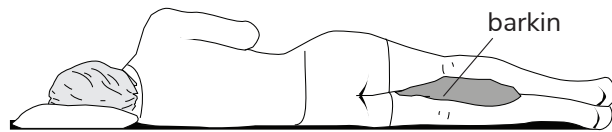
6. Gudaha ha u leexanin misigtaada ama bannaankaba meel ka sare dhexdhexaad. Suulashaada hore ha u jeedaan.

7. Jilbahana ku haay sintaada hoosteeda markaad fadhido oo iska ilaali kuraasta mugga dheer. Ku fadhiiso barkin si aad miskaha sare ugu ilaaliso.

Jilibkaada dhinaca cusub ee sintaada ha foorariyo marka la fadhiyo oo suulashaada hore ha u jeedsanaadaan. Tani waxey ka reebaysaa in sintaada ay soo jeesato.



8. Marka aad sariirta saarantahay, lugahaaga kala qaad. Dhabarkaaga ama dhinac u jiiifso, iyadoo barkin la dhigo lugahaaga dhexdooda. Tani waxay kaa horjoogsanaysaa inaad lugahaaga isdul-saarto ama aad isu dhex-galaan ama ukala durqaan. **Caloosha ha ku seexanin.**



Qoraalkan waxa loogu talagalay ujeedooyin 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: Posterior Approach

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.

- No bending past 90 degrees at the hip.
- No crossing your legs at the knees or ankles.
- No twisting the hip inward

## Precaution examples

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



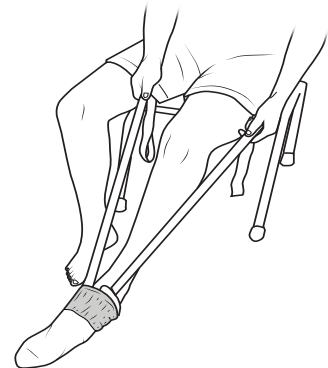
1. Do not bend your upper body at your waist forward more than 90 degrees.



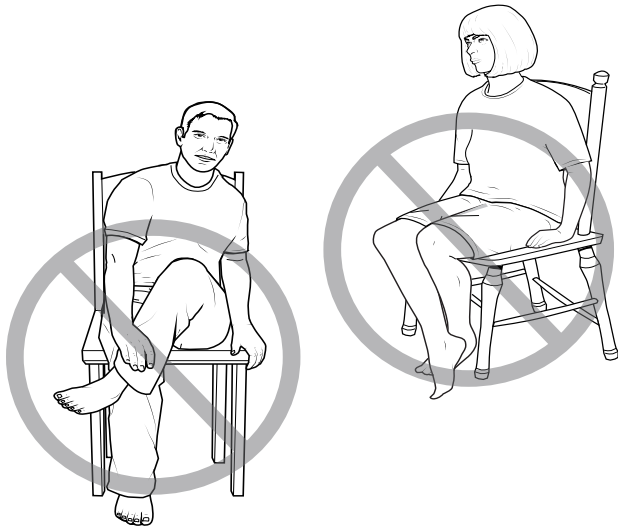
2. Do not plant your feet and twist at your hip. Pick your feet up and move your entire body around when you turn.



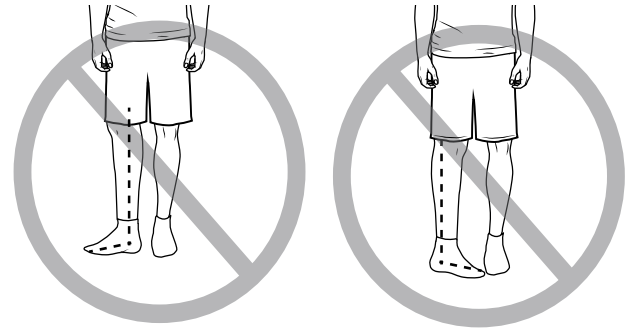
3. Do not reach for anything below your knees.



4. Use a sock aide, reacher, or other device to reach things.



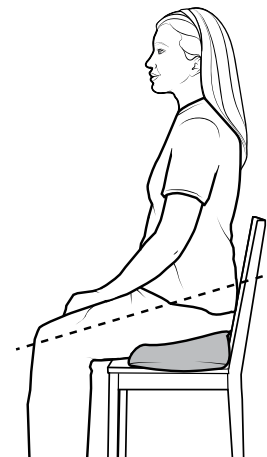
**5. Do not cross your legs at your knees or ankles when sitting, standing or lying down.**



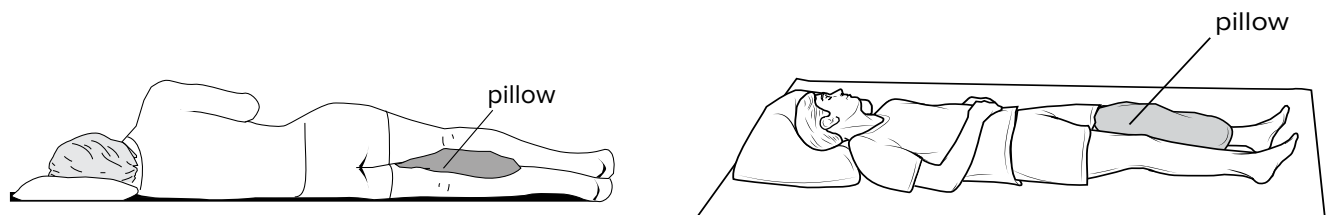
**6. Do not turn your hip inward or outward past neutral. Keep your toes pointed forward.**

**7. Keep your knees below your hips when sitting** and avoid deep chairs. Sit on a cushion to keep your hips higher.

Let your knee on the new hip side bend when sitting and keep your toes pointed forward. This keeps your hip from turning.



**8. When you are in bed, keep your legs apart.** Sleep on your back or side with a pillow placed between your legs. This prevents you from crossing your legs or from turning in or out too far. **Do not sleep on your stomach.**



**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).