Anterior Hip Precautions: No Leg Extension

Do not bring leg backward while standing or lying. Keep thigh in line with back of trunk and buttocks.

Anterior Hip Precautions: No External Rotation

Do not turn affected leg outward. Keep foot pointed forward. This also applies when lying in bed. May use towel roll or pillow to keep leg from rolling outward.

Anterior Hip Precautions: No Adduction

Keep legs apart at all times. Do not cross legs whether standing, sitting or lying down. Use pillow to keep legs apart in bed.

Anterior Hip Precautions: No Abduction

Do not move your operated leg out to the side in standing or while lying down.