

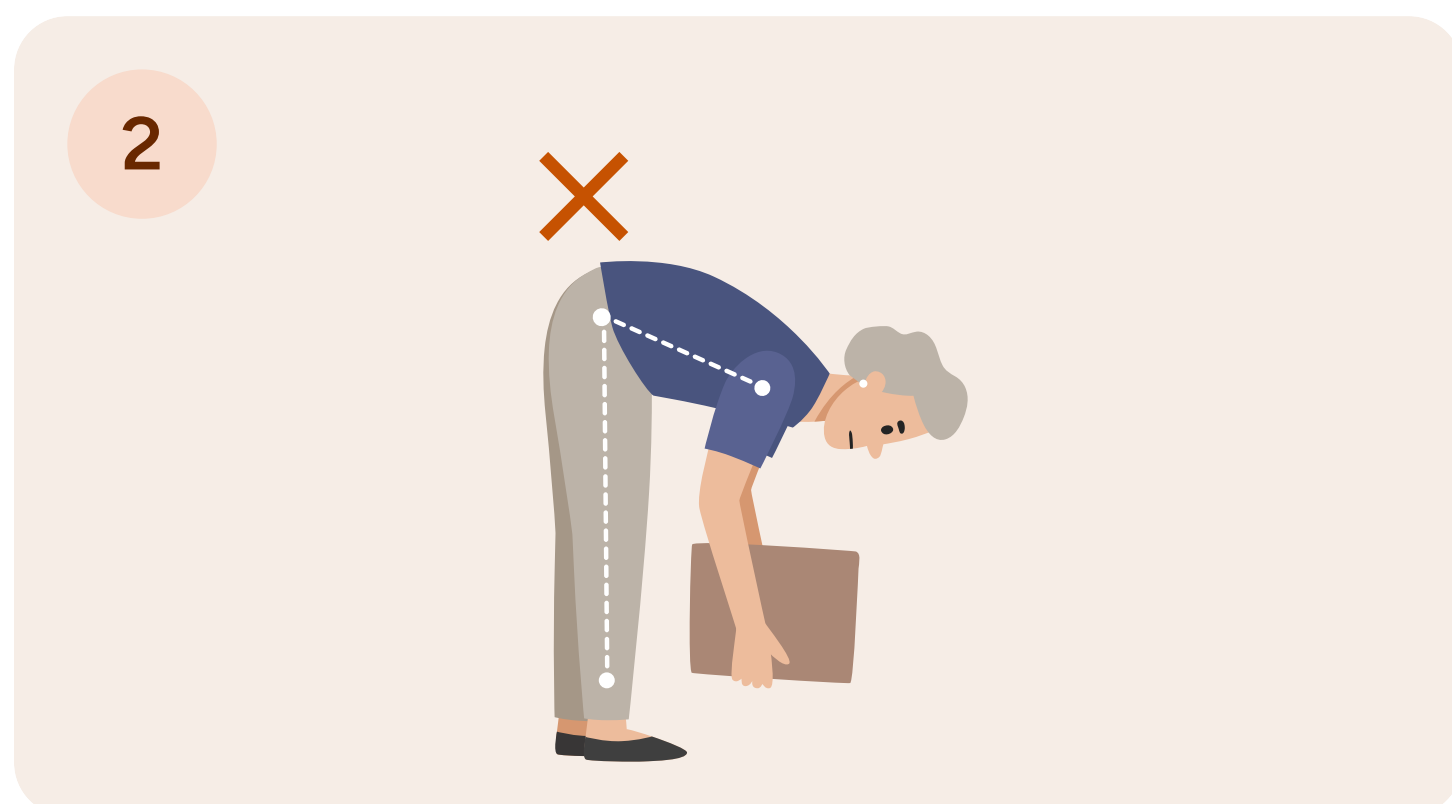
I have had a hip replacement. Which movements should I avoid?

A hip fracture occurs when **the femur breaks, near the hip**. They affect particularly older people with weak bones. If you have had a hip replacement, it is important to take care to **prevent the prosthesis from coming out of place**.

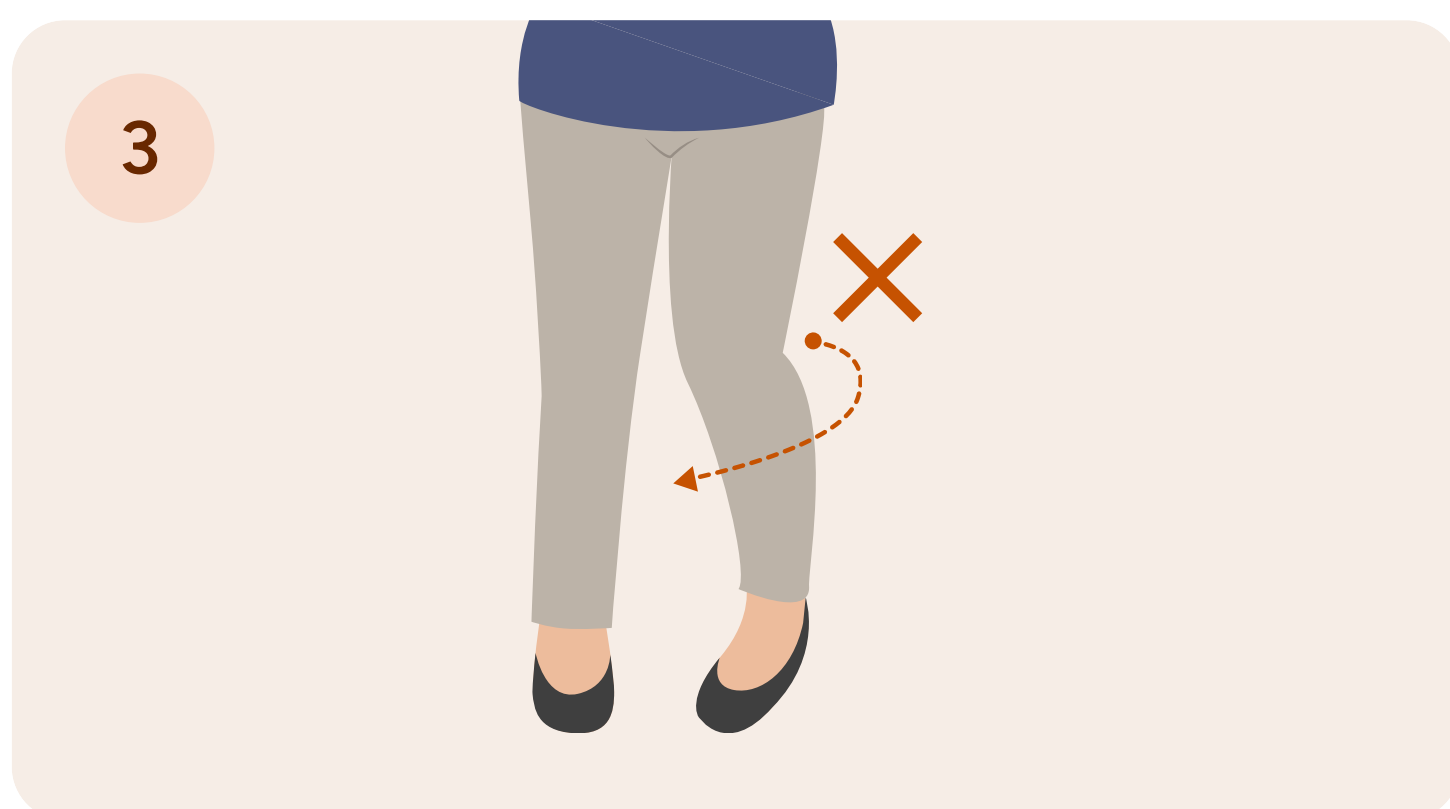
The risk is higher during the first few months, so you should follow these measures:



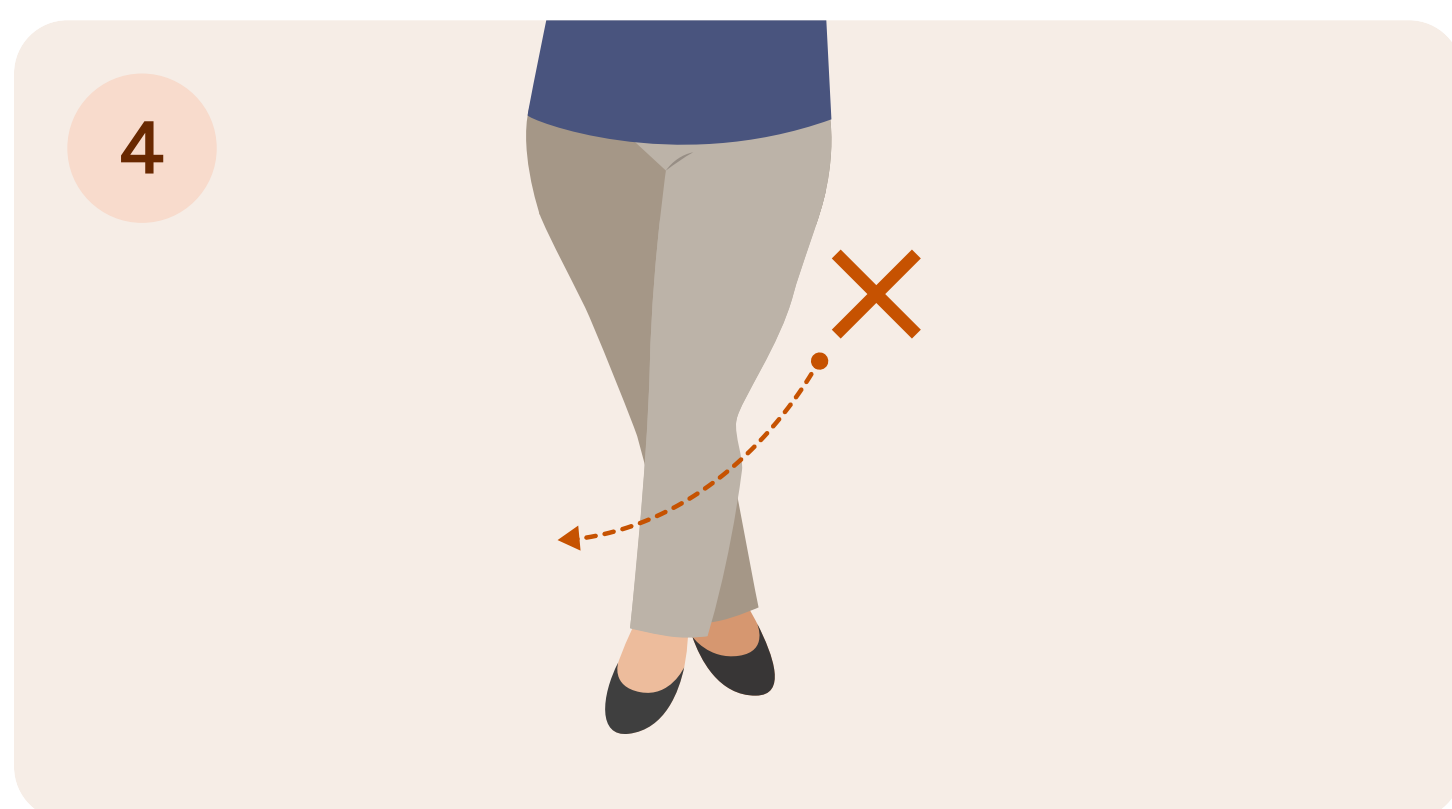
Do not sit in low chairs or lean forward when sitting.



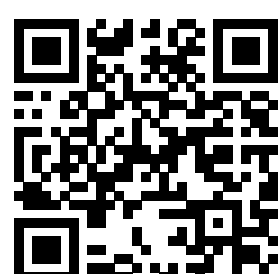
Do not bend down. If you need to pick something up from the floor, you can use long tongs.



Do not turn the operated leg inward.



Do not cross your legs at any time: neither standing nor sitting.



Would you like to learn more about fragility hip fractures?
Scan the QR code or visit the link below:
santpau.cat/fractura-maluc



SANT PAU
Campus Salut
Barcelona



Hospital de
la Santa Creu i
Sant Pau