

**McLaren Print System Order**

Order No: 9093  
 Order Date: 2015-02-16  
 User: Cindy Weller  
 Phone: 810-342-4289

Ship Location: Therapy Services 1 North/Cindy Weller  
 401 S. Ballenger Hwy.  
 Flint, MI 48532

Brochures  
 Quantity: 250  
 Paragon Dept No: 23020  
 Dept Name: 5 North Joint and Spine Center  
 Company Number: 60

Order Total Price: 45.00

Item Number: M-2857  
 Item Description: Positions to Avoid Following Total Hip Replacement Flyer  
 Revision Date: 2/2015  
 Print:  
 Paper:  
 Size:  
 Fold:  
 Finish:  
 Drill:  
 Misc Info: Finish size: 8.5 x 11 inches; no bleed

Patients and their partners may have concerns about sexual relationships following hip surgery. This information should help.

The vast majority of patients are able to resume safe and enjoyable intercourse after hip replacement. In fact, patients who, in the past, have had impaired sexual function caused by progressive hip pain and stiffness usually find that, after surgery, their hips are pain-free and have better motion. However, after gaining new hip(s), it may take several weeks to become completely comfortable during intercourse.

In general, it is safe to resume intercourse approximately four to six weeks after surgery. This allows time for the incision and muscles around your hip to heal.

Total hip replacement precautions need to be observed during all activities of daily living, including sexual intercourse. You should avoid excessive hip flexion, adduction and internal rotation. Think about how these precautions relate to your traditional position(s) for intercourse, and then, whether you may need to vary your position(s).

Good communication between you and your partner is essential, because you may have to adopt new position(s) for intercourse. We suggest that you share this information with your partner. In addition, you can discuss the precaution related to hip movement which have been taught to you by the staff.

We hope that, by reading this information, some of your concerns and questions dealing with sexual activities after hip replacement surgery will be answered. If you still have questions, please feel free to ask your surgeon, physical therapist, or nurse.

Reprinted from The Hospital for Special Surgery.

**Positions to Avoid Following Total Hip Replacement**

There are other safe and amiable positions and methods of obtaining sexual satisfaction. Please think them through. If necessary, please be ready to try something new to help you new hip(s).

