

Sports Therapy  
Manual Therapy  
Electrotherapy  
Manipulation  
Rehabilitation  
Pre-habilitation  
Clinical Pilates  
Pre-Season Screening  
Exercise Prescription  
Massage

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Please re-read the physiotherapy information you received before the operation for reminders about transferring from a chair or bed etc.

#### Partners

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#### Physiotherapists

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#### Practice Manager

Anne Mellor  
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## THINGS YOU MUST REMEMBER FOR 6 WEEKS AFTER YOUR TOTAL HIP JOINT REPLACEMENT:

1. THE ANGLE BETWEEN YOUR TORSO AND THIGH CANNOT BE LESS THAN 90°
2. DO NOT DO TOO MUCH TWISTING ON, OR ROTATION OF, YOUR LEG
3. DO NOT CROSS YOUR LEG PAST THE MIDLINE OF YOUR BODY

#### THIS MEANS:

***DON'T*** cross your legs, bend to pick up objects off the floor (use an extendable arm) or pivot on operated leg.

***Be Careful*** of low chairs, low beds, getting in and out of cars, prolonged sitting and when sleeping on side, have a pillow between your legs.



AUSTRALIAN  
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Member