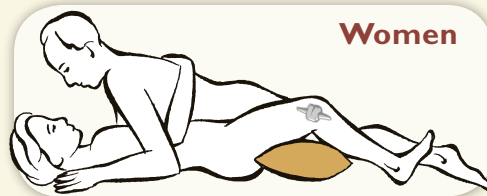


CHOOSING POSITIONS AFTER KNEE REPLACEMENT

Bottom position

Suggested for both men and women

- Usually the most comfortable position after knee replacement
- Place pillows under affected knee for comfort
- Bend the knee as comfort allows



Side-lying position

Suggested for both men and women

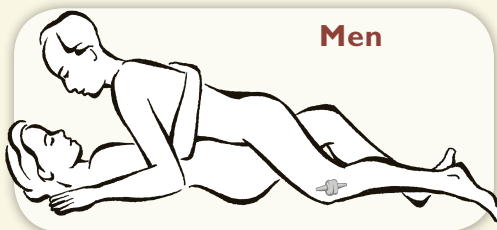
- Lie on the side of the unaffected leg
- Bend the knee as comfort allows
- Place pillows under affected knee for comfort



Top position

Suggested for men

- Can be difficult in the beginning due to swelling and limited range of motion of the knee
- Use this position after the affected knee is comfortable and the incision has healed to prevent shearing of the skin



SEX AFTER HIP AND KNEE REPLACEMENT

It takes time to get back to normal. How fast you recover depends on your age and physical condition before surgery.

You may begin having sex after a hip or knee replacement when:

- **You feel physically and mentally ready**
- **You have a clear understanding of the precautions you should follow to protect your new joint**
- **Your doctor says it is okay**

Listen to your body.

Timing is everything. Don't try to do too much too soon. Many people find that there are certain times during the day or night that they feel their best and sex is more desirable.

You can still enjoy sex after hip or knee replacement. However, you will have to make some short-term, changes in your sex life to protect your new joint as it heals. Be patient, you'll be good as new before you know it.

If you are taking medicine, make sure that you know the side effects the medicine may cause. Never stop taking any medicine unless your doctor tells you to.

Take time to tell your partner what you want and need from your sexual relationship. It's truly amazing what openness and communication can do for two people who love and care about one another.

CHOOSING POSITIONS AFTER HIP REPLACEMENT

Bottom position

Suggested for both men and women

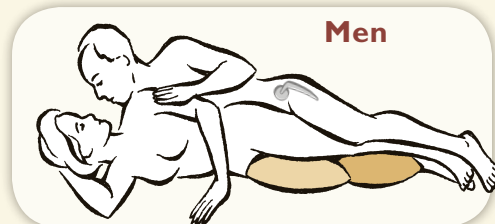
- Usually the most comfortable position after hip replacement
- Don't bend your new hip joint more than 90 degrees
- Keep the toes of your affected leg pointed upward
- You can put pillows under your affected thigh for support
- Move your affected leg as little as possible



Side-lying position

Suggested for both men and women

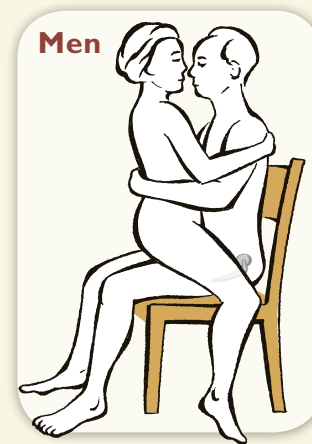
- Lie on your unaffected side
- Don't bend your new hip joint more than 90 degrees
- **Women:** Position pillows to support your affected leg and prevent it from rolling off the pillows during sex
- **Men:** Your partner should put pillows between their legs for support. Use your partner's leg to support your affected leg. Keep your affected leg on top of your partner's leg during sex
- Don't let the toes of your affected leg turn downward



Sitting position

Suggested for men. Use a sturdy chair. Don't use this position on a bed or floor

- Sit on small, firm pillows or a folded blanket to keep your hips higher than your knees
- Don't bend your new hip more than 90 degrees (this is important when getting out of the chair)
- Don't allow the knee of your affected leg to move inward past your navel, or your toes to turn inward
- Don't lean too far forward when getting out of the chair



In case of severe pain, stop what you are doing. If you have sudden pain in the groin, or problems moving the affected hip, you may have dislocated your hip. Reposition yourself so you are lying on your back. Put ice on the affected area. If the pain continues, call your doctor.