We need to know about cautions for hip replacements as this type of surgery has recently improved meaning younger people are more likely to have undergone surgery.

When a student presents with hip replacement we need to ask two questions:

1) How long ago did surgery occur?

2) Was the surgery a posterior or anterior approach?

For Posterior Approach:

No adduction for 3 months & limited adduction for a further 3 months

No internal rotation for 3 months and limited internal for a further 3 months

No flexion past 90º for 6 months and limited flexion past 90º for a further 6 months

For Anterior Approach:

Limited abduction for 6 months

Limited external rotation for 6 months

Limited hyperextension for 12 months

This can only be a general guide and for older students times may need to be extended.

We need to ensure students listen to their own body and gradually increase mobility in these areas.

Source: http://www.expandinglight.org/free/yoga-teacher/articles/yoga-therapy/yoga-after-a-hip-replacement.php