

SEXUAL ACTIVITY AFTER JOINT REPLACEMENT

PLANNING

MAKE A PLAN TO ENGAGE IN ACTIVITIES DURING TIMES WHEN ENERGY IS HIGH & PAIN IS LOW. TAKE MEDICATION, DO GENTLE STRETCHES, & WARM UP JOINTS BEFORE INTIMATE ACTIVITIES.

POSITIONING

ALWAYS FOLLOW PHYSICIAN ADVICE & POST SURGICAL PRECAUTIONS. TAKE YOUR TIME GETTING INTO & OUT OF POSITIONS. USE PILLOWS TO ASSIST WITH SAFE POSITIONING, ADDING SUPPORT & COMFORT.

PATIENCE

BE PATIENT WITH EACH OTHER DURING THE HEALING PROCESS. COMMUNICATE OPENLY & EXPLORE NON-INTERCOURSE ALTERNATIVES FOR INTIMATE CONNECTION. BE SAFE & HAVE FUN TOGETHER!

AREAS HIGHLIGHTED IN RED INDICATE REPLACED HIP & KNEE JOINTS

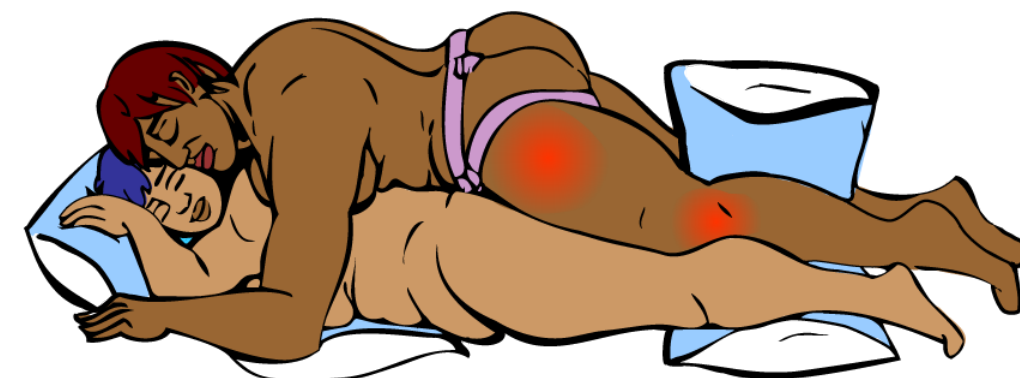


SITTING IN A CHAIR

BOTH SIDES OF THIS POSITION ARE SAFE FOR JOINT & KNEE REPLACEMENT. PILLOWS ON SEAT & BETWEEN THE KNEES HELP KEEP HIPS & KNEES ALIGNED WITH SURGICAL PRECAUTIONS ADDING ADDITIONAL COMFORT & SUPPORT.

LYING ON TOP

LYING ON TOP, FACE DOWN IS A SAFE POSITION FOR KNEE & HIP REPLACEMENT. PILLOWS UNDERNEATH & BETWEEN THE KNEES ADD COMFORT & SUPPORT, KEEPING HIPS & KNEES ALIGNED WITH SURGICAL PRECAUTIONS.



LYING ON BACK & KNEELING

LYING ON BACK WITH FEET OFF THE BED, FLAT ON THE FLOOR OR SUPPORTED BY PILLOWS IS A SAFE POSITION FOR KNEE & HIP REPLACEMENT. PILLOWS UNDER BACK ADD SUPPORT & COMFORT. KNEELING IS A SAFE POSITION FOR HIP REPLACEMENT. USE PILLOWS UNDER KNEES FOR COMFORT.

LYING ON SIDE

LYING IN FRONT ON SIDE IS A SAFE POSITION FOR KNEE & HIP REPLACEMENT. THE REPLACED KNEE & HIP POSITIONED ON BOTTOM SIDE & UNBENT FOLLOWING SURGICAL PRECAUTIONS. USE PILLOWS FOR ADDED SUPPORT & COMFORT.



LYING ON BOTTOM

LYING ON BOTTOM, FACE UP IS A SAFE POSITION FOR KNEE & HIP REPLACEMENT. PILLOWS UNDER SHOULDERS & BETWEEN LEGS HELP KEEP HIPS & KNEES ALIGNED WITH SURGICAL PRECAUTIONS & ADDS ADDITIONAL COMFORT & SUPPORT.

INFORMATION GATHERED & ADAPTED FROM THE STAYWELL COMPANY® & WEBMD®

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