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Sex positions after hip and knee surgery



Sex positions after hip and knee surgery

After joint surgery, one of the most common questions we're asked is 'When can I have sex?' The answer will vary from patient-to-patient, although your physiotherapist or consultant will let you know when it's okay. Our intimacy guide offers reassurance as to which sexual positions are suitable after hip or knee surgery. Our orthopaedic experts have suggested some safer and more comfortable options to try after either a knee or hip replacement which put the least amount of strain on your new joint.









Before you get started

- Most importantly, relax! We find some patients find it helpful to take an over-the-counter painkiller 20 minutes before any activity.
- It's useful to have some cushions or rolled up towels prepared to use for extra comfort and to help support your new joint.
- You may find it helps to do some gentle stretches to help the flexibility of your new hip or knee and to warm up the muscles supporting it.

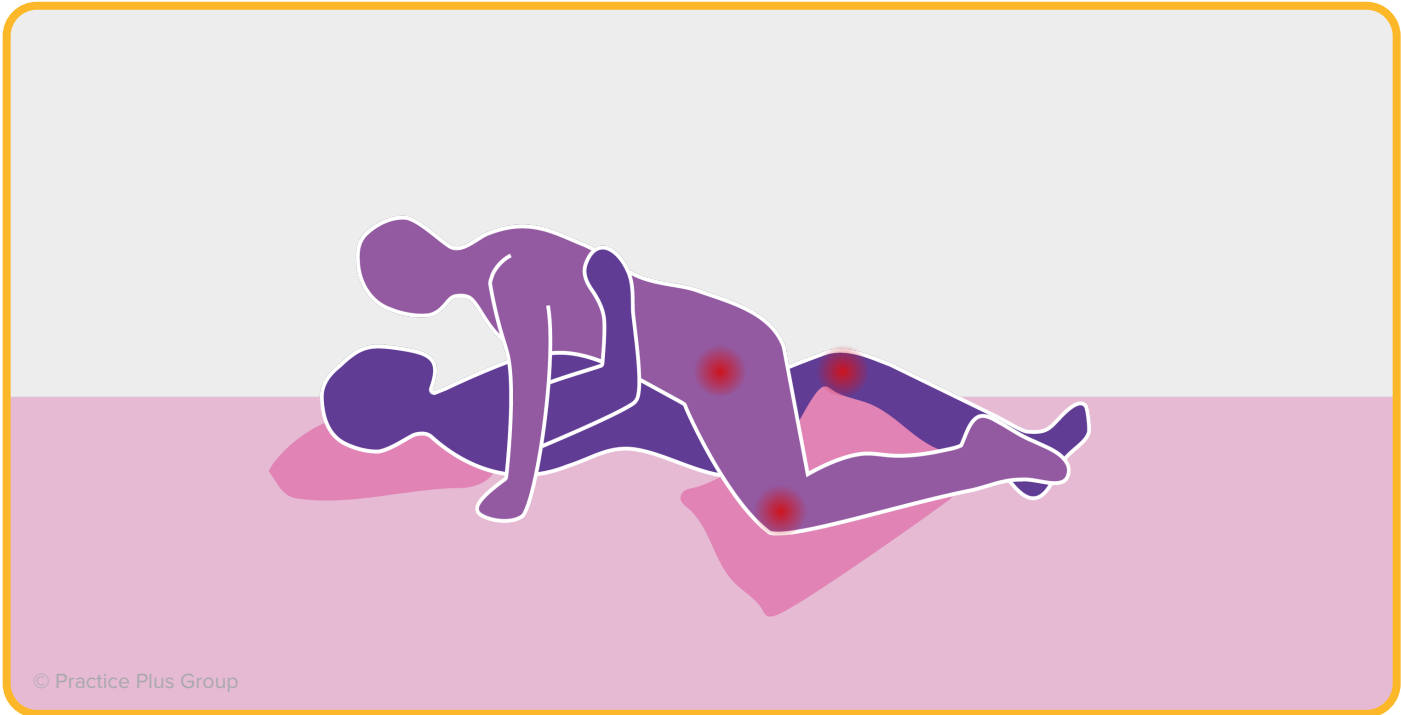
Some helpful guidance

- Be careful to take extra care getting in and out of each position. This will ensure that your new joint is always able to move as safely and comfortably as possible.
- For hip replacements, try to keep your new hip level with your opposite hip at all times. It's especially important not to lift or cross your leg past your belly button as this can affect the healing process and will feel uncomfortable after surgery.
- If your new joint feels painful at any time, we'd recommend you stop and switch to a more comfortable position.

Which positions are best to try after joint replacement surgery?

Position	Example	Where to place yourself in the position	Suitability after surgery	
			Hip	Knee
Face-to-face		Top	✓	✓
		Bottom	✗	✓
Missionary		Top	✗	✗
		Bottom	✓	✗
Standing		Front	✗	✗
		Behind	✓	✓
Spooning (face-to-face)		Either	✓	✓
Table-top/end of bed		Lying	✓	✗
		Standing	✗	✗
Behind		Top	✗	✗
		Bottom	✓	✗
Seated		Either	✓	✓
Partner on top		Top	✗	✗
		Bottom	✓	✗

1 Face-to-face



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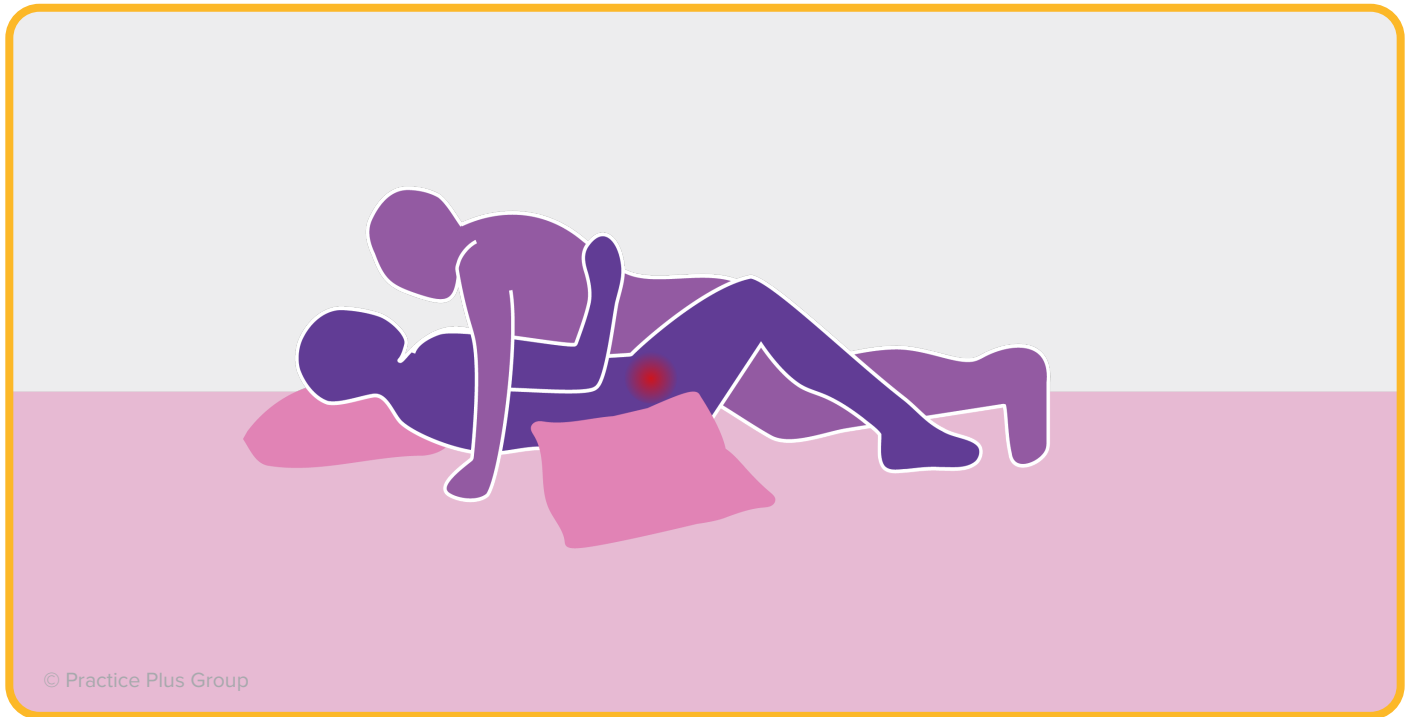
Bottom position:

- We'd only recommend being on the bottom in this position after a knee replacement and not after hip surgery.
- It's a good idea to use pillows or towels to support the outside of your leg to protect your new knee.
- You might find it helpful to lie on a pillow or rolled-up towel for extra support and comfort.

Top position:

- This position is a safer choice after either a hip or knee replacement.
- Ensure your partner below supports you at the waist to help take some of your body weight and take pressure off your new joint.
- Avoid rotating your hips and try to keep your hips parallel.
- Using pillows to support you in this position can add extra comfort.

2 Missionary



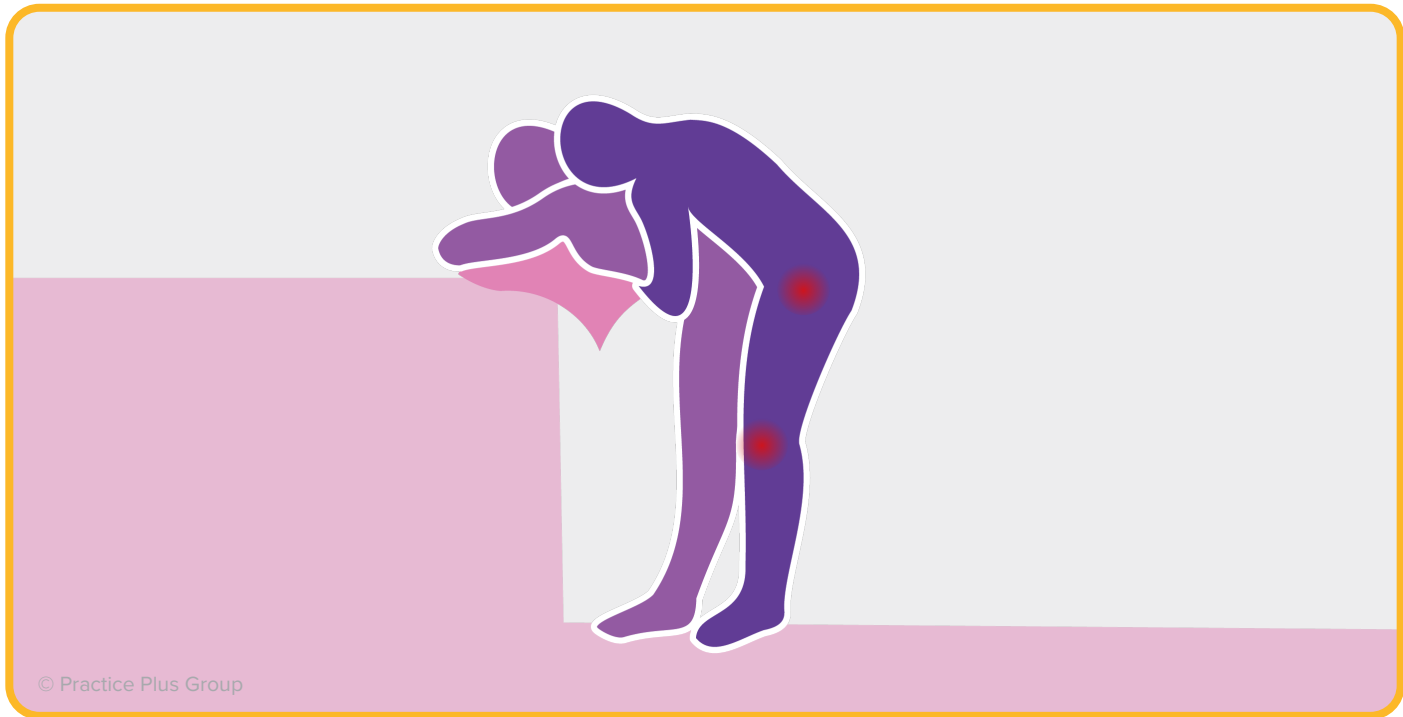
Bottom position:

- Lying underneath in this position is suitable after hip surgery only.
- Before you start, support your new hip with a towel or cushion.
- If you find it more comfortable, prop yourself up slightly with a cushion for added support.

Top position:

- We don't recommend this position after either hip or knee joint surgery.

3 Standing



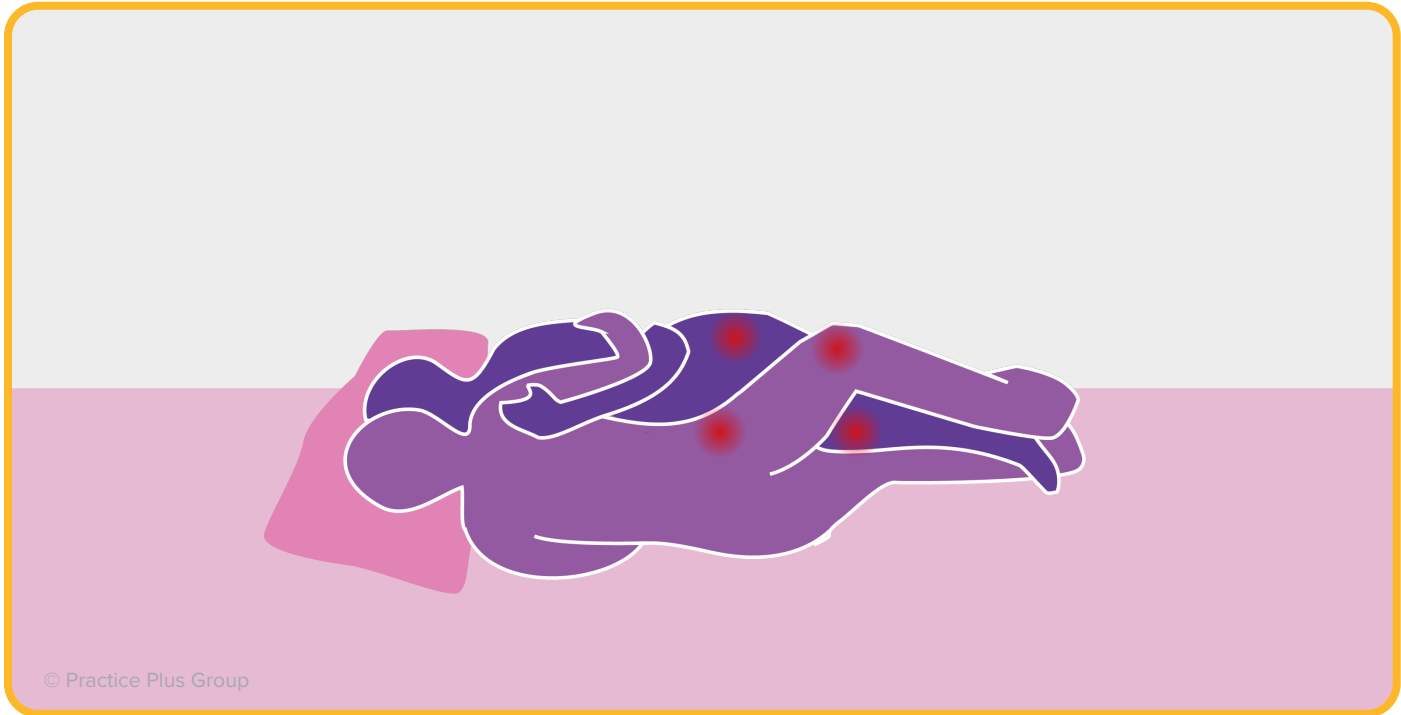
Behind:

- This is a lower impact option after hip or knee surgery.
- Always make sure that both feet remain on the ground during this position to support your body weight evenly and avoid pressure on your new joint.
- Be careful to avoid any hip rotation as this can affect the healing process.

In front:

- This position is not recommended after your hip or knee surgery.

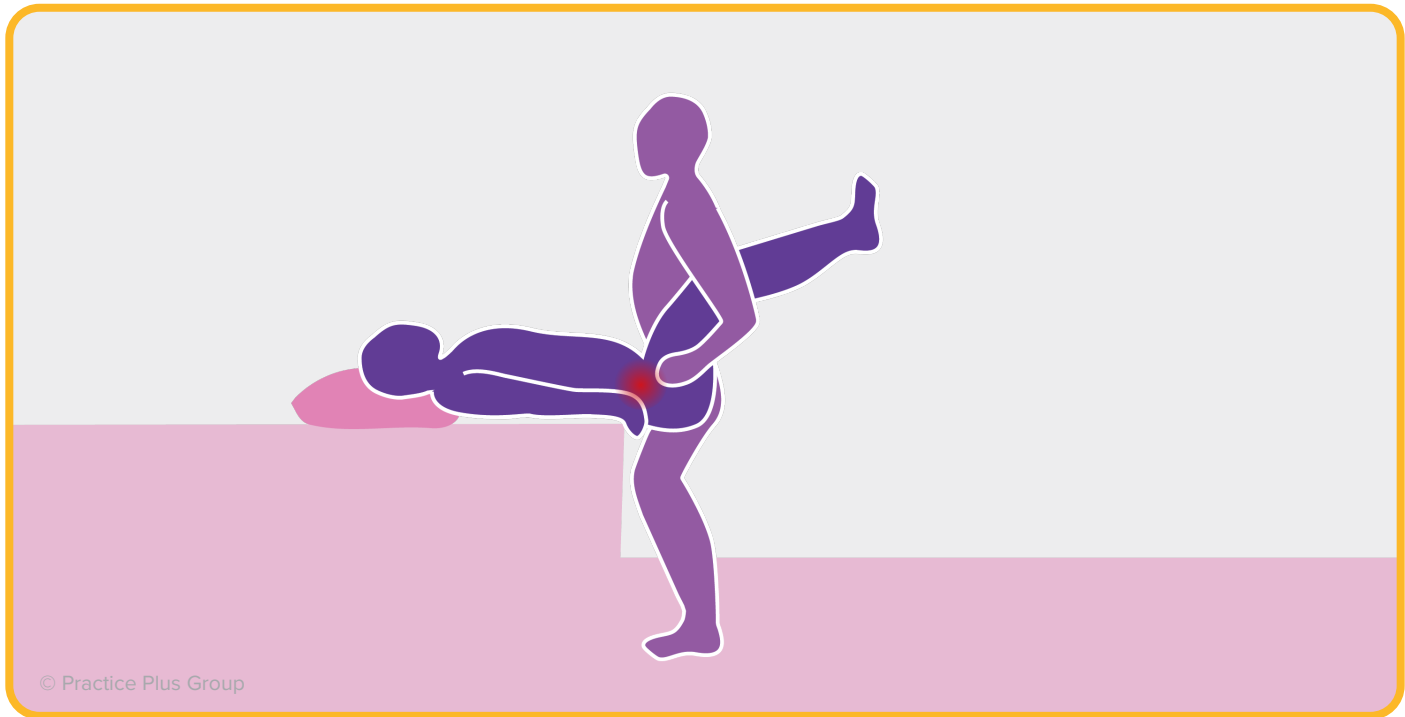
4 Spooning (face-to-face)



Either side:

- This is a safe position after hip or knee replacement.
- This position offers a lot of support and is very gentle on new hip or knee joints.
- Always lie on the opposite side of your recent wound to avoid excess pressure to your new joint.
- Pillows or cushions can offer protection to your hip or knee joint and provide added comfort.

5 Table-top/end of bed



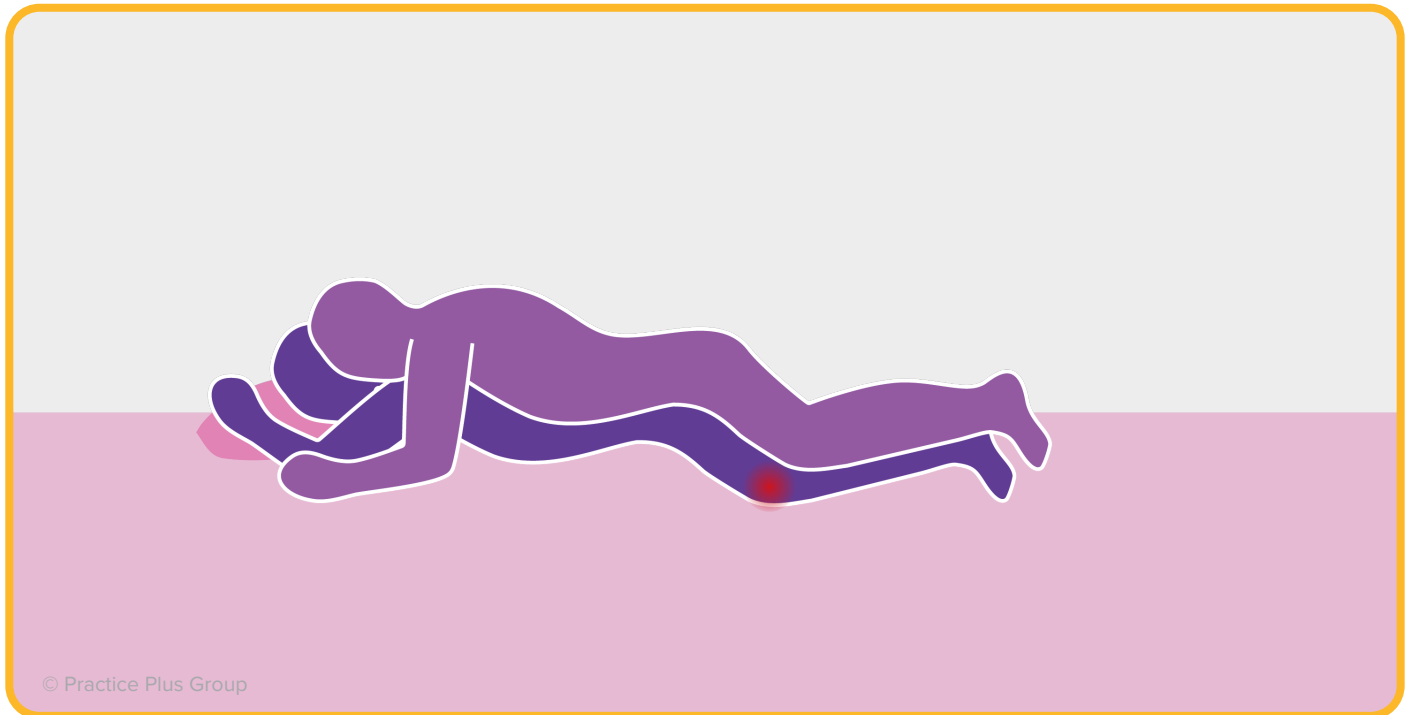
Lying position:

- This position is suitable after hip surgery, although we wouldn't recommend it to knee replacement patients.
- Before you start, lie as close to the end of the bed or table as possible.
- Ensure your partner supports your legs and not your hip to limit any strain to your new hip joint.

Standing position:

- We'd recommend you avoid this position after any hip or knee surgery.

6 Behind



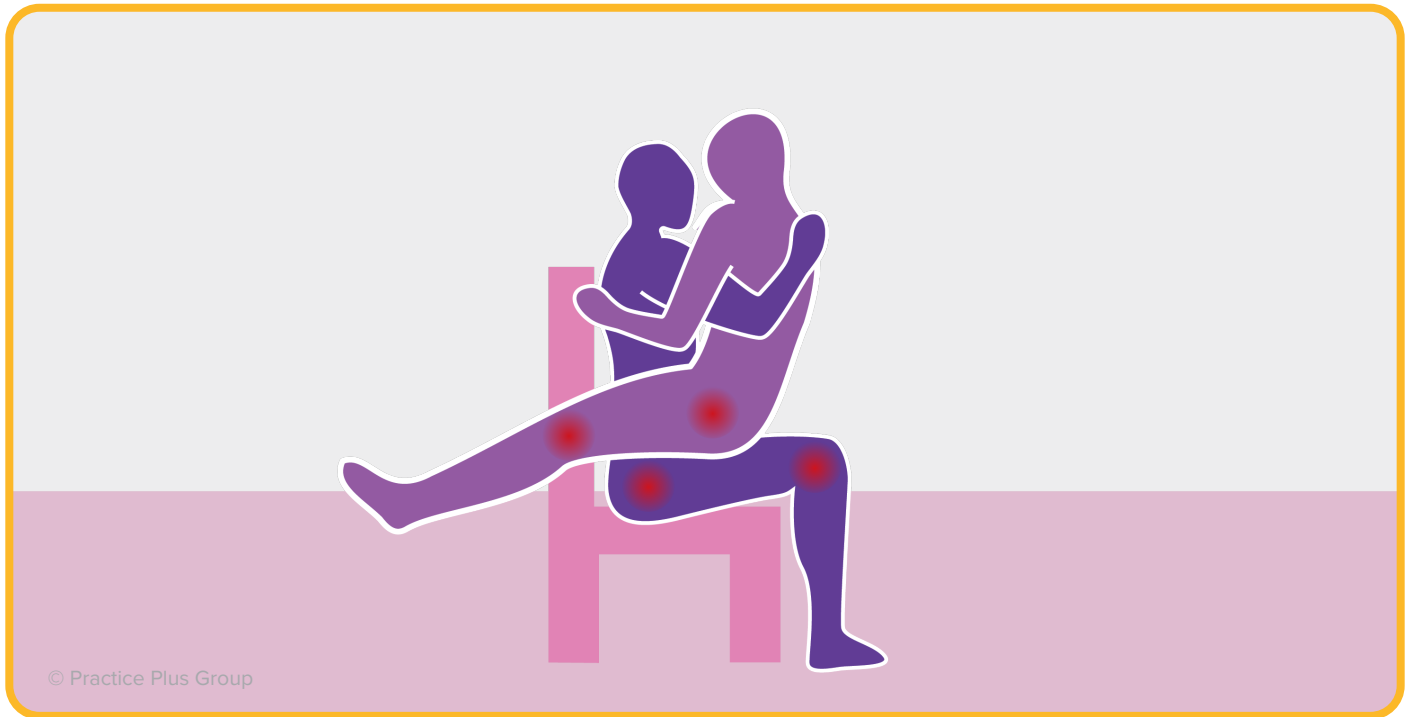
Bottom position:

- This position is a gentle option after hip surgery only.
- Whilst in this position, always try to keep your hips parallel where possible.
- Be careful that your partner doesn't put their body weight directly on top of your new hip as this may feel painful and can affect the healing process.

Top position:

- Please avoid this position after hip or knee surgery.

7 Seated



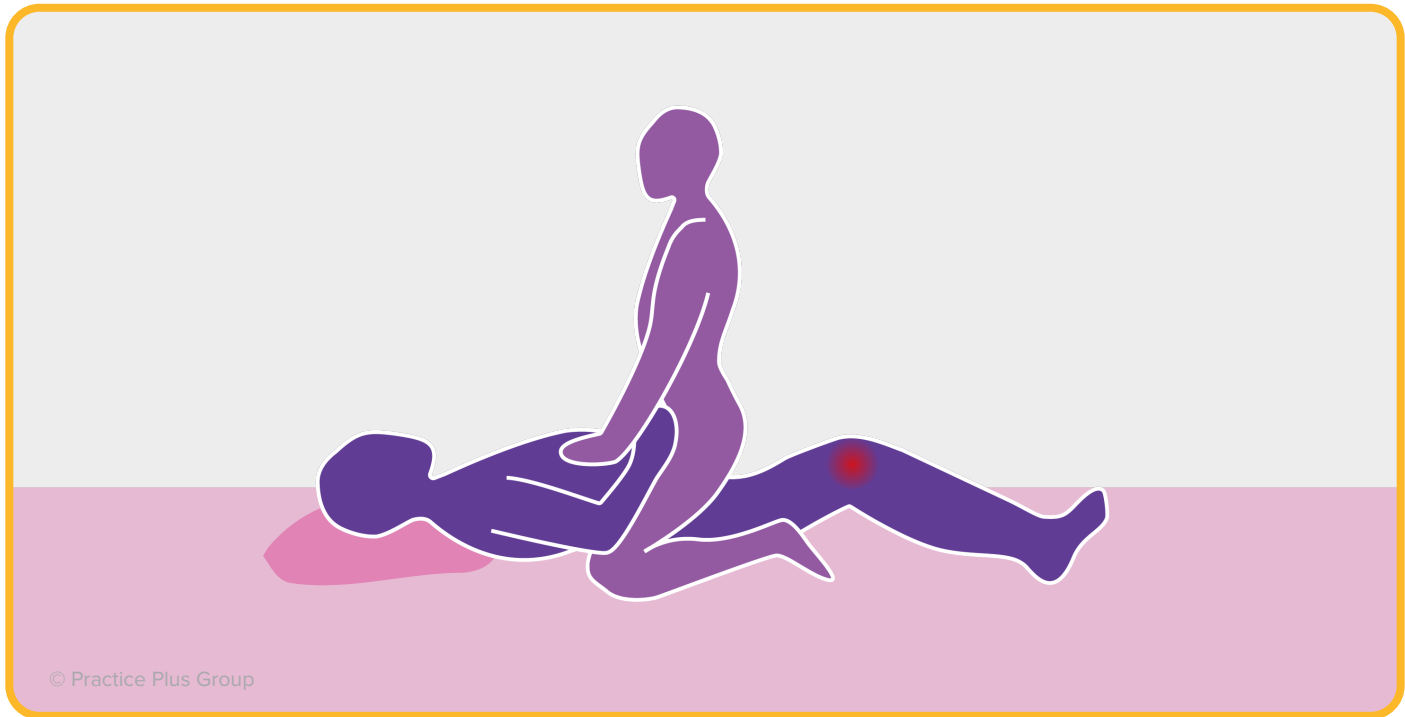
Bottom position:

- This position is okay after either hip or knee surgery.
- If you choose to be on the bottom in this position, use pillows to support your hip. Try to avoid your partner putting too much body weight directly on your new joint.

Top position:

- If you are on the top in this position you can stretch your leg out if it helps relieve your new hip or knee joint.

8 Partner on top



Bottom position:

- This position is fine to choose after a knee replacement but not after hip surgery.
- Again, this position benefits from using pillows or cushions for added joint support.

Top position:

- We don't recommend this position after hip or knee surgery as it puts added pressure on your new joint.

We hope our intimacy guide gives you some reassurance and guidance on safe and suitable intimate positions to try after your surgery.

Please ask a member of your team if you need further advice on the information in this booklet. We're here to help. Ask us anything!

This intimacy guide has been designed by Practice Plus Group. The information reflects best practices which have been obtained from various sources within the healthcare industry.