



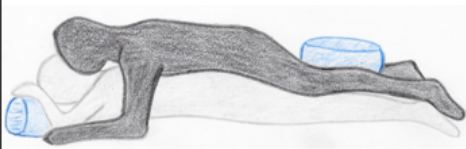


While recovering from a hip or knee replacement, patients may be safe to have sex in certain positions. This guide, based on information from Saint Luke's Health System (<https://www.saintlukeskc.org/health-library/sex-positions-after-joint-replacement-0>), is a non-gendered resource on sex positions for people recovering from surgery after their healthcare provider has confirmed that it is safe to have sex.

All patients should discuss sex, positions, and safety precautions with their healthcare providers beforehand.

In this guide, the dark gray figure represents the insertive partner, and the light gray figure represents the receptive partner.

Position	Notes	Receptive Partner Hip Replacement	Insertive Partner Hip Replacement	Receptive Partner Knee Replacement	Insertive Partner Knee Replacement
	<ul style="list-style-type: none"> - The insertive partner sits in a straight chair with their feet supported or flat on the floor. - The insertive partner must keep pillows between their knees to prevent their knees from crossing the body's midpoint. 	✓	✓	✓	✓
	<ul style="list-style-type: none"> - For both partners, the new joint(s) should be on the bottom. 	✓		✓	✓
	<ul style="list-style-type: none"> - The receptive partner's feet are supported or flat on the floor. 	✓		✓	
	<ul style="list-style-type: none"> - The insertive partner keeps their legs apart and turned out slightly. - Pillows can be used to support legs on the outside, and may be used behind the back and head depending on comfort (but not required). - The insertive partner must keep pillows between their knees to prevent their knees from crossing the body's midpoint. 		✓		✓
	<ul style="list-style-type: none"> - The insertive partner must keep pillows between their knees to prevent their knees from crossing the body's midpoint. 		✓		