

Daily Activities With Hip Precautions

In **ALL** daily and homemaking tasks, maintain hip precautions.

Basics About Home

- Always sit in a firm, straight-back chair with arms, with your blue cushion placed in the seat.
- Never sit in a reclined chair.
- Surfaces you sit on should be at least 21 inches high.
- Always use a raised toilet seat on a regular toilet.
- Have someone arrange items that you use often to a level that you can easily reach (not too high or low).

Adaptive Equipment

- Adaptive equipment, such as a reacher, sock-aid, long-handled shoehorn, long-handled sponge and elastic shoelaces can help increase your independence during your recovery from hip surgery.
- Use reacher to pick up items off the floor.

Bathing

- **Do NOT step in and out of a tub at all.** You may use a tub transfer bench if okay'd by your surgeon. Until then you can sponge bathe or use a walk-in shower.

Dressing

- Because hip precautions prohibit you from reaching past your knees, you will need adaptive equipment or someone to **ALWAYS** help you bathe and dress your legs.
- To dress, sit on your blue cushion in a straight-back chair with arms. Use the reacher to lower underwear/pants to your feet, putting your surgery leg in first.
- Your surgery leg will come out last when taking your pants/underwear off. To help conserve energy, pull your underwear and pants past your knees while sitting, then stand on time to adjust both.

Getting In & Out Of A Car

- Do not drive until okay'd by your surgeon.
- If possible, do not ride in a car with bucket seats. If you have no other choice, roll a bath towel and place it in the back of the seat. Use a cushion or pillow on top of the seat to help level off the seat. Then place your blue cushion on top to raise the height of the seat.

Getting In And Out Of A Car

- Before you get in the car, have someone put the front passenger seat as far away from the windshield as possible.
- Place your blue cushion on the seat to raise the height of the seat.
- Step off the curb before getting into the car.
- Using the walker or crutches, turn around and back up until the back of your legs hit the seat.
- Sit back as far as possible, **keeping your knees apart.**
- Have the driver lift both legs into the car as you pivot on your bottom.
- Make sure to keep your shoulders, hips and knees in good alignment to prevent twisting your hip. Keep your knees apart.
- Check your position to ensure that your knees are apart and your knee on your operated side is lower than the hip.
- Reverse this sequence to get out of the car.

Call the Occupational Therapy Department if you have any questions at 566-5288.