

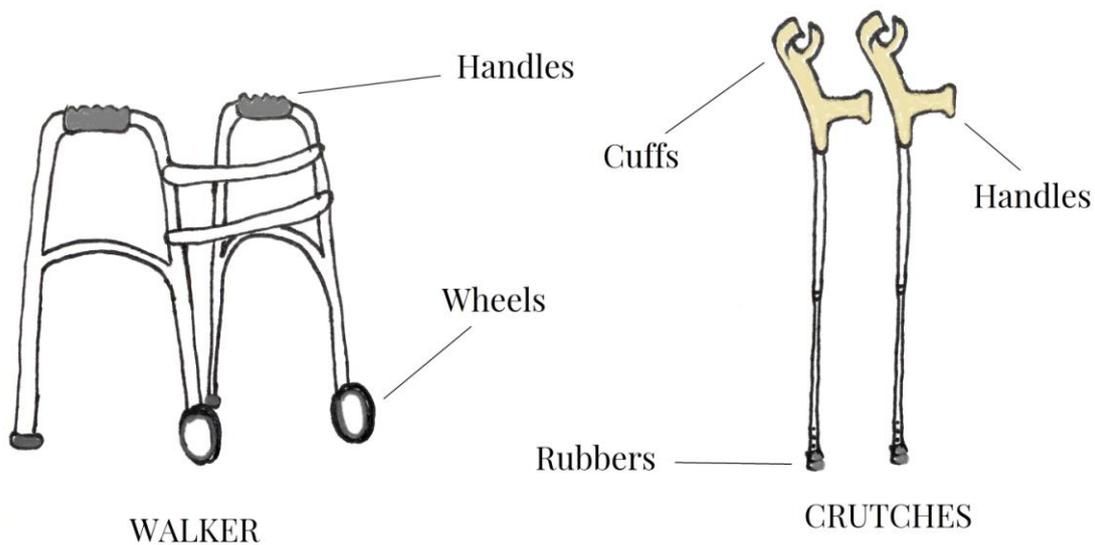
Hip replacement Managing at Home Handbook

This handbook helps you manage at home after hip replacement surgery

Information provided below will help you to learn how to manage your daily activities safely to reduce the risk of dislocating your new hip. Remember to do all the movements carefully and slowly, try to avoid positions that can be not safe for your leg. It is incredibly important to follow the physical therapist and your surgeon instructions.

Part I

Walking with devices:

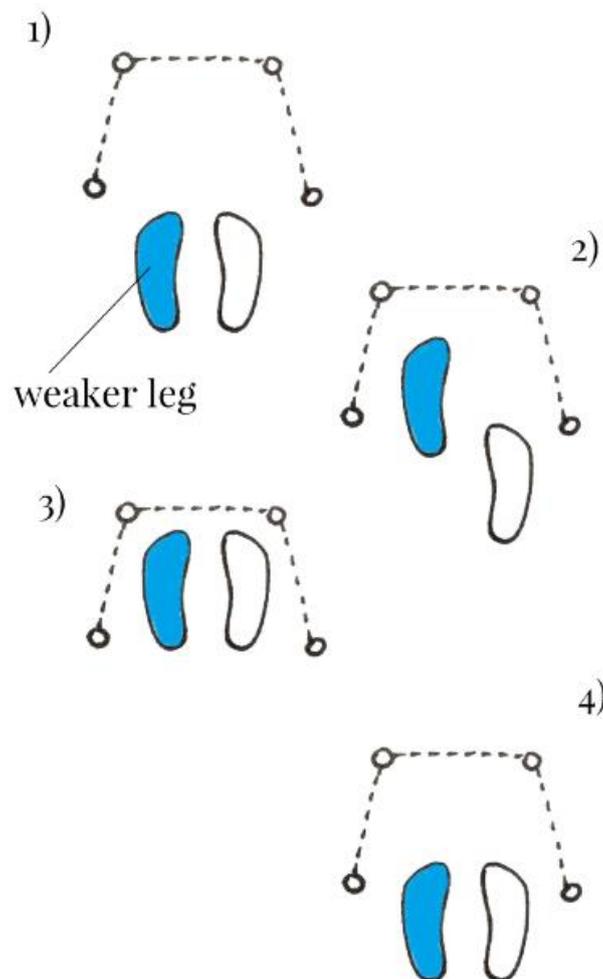


1) Step ONE - using a Walker

Place a walker one step in front of you and make sure it stands stable. Using hands as a support, step inside the walker, beginning with the weaker leg. Keep the distance from the front walker's edge as you may lose balance.

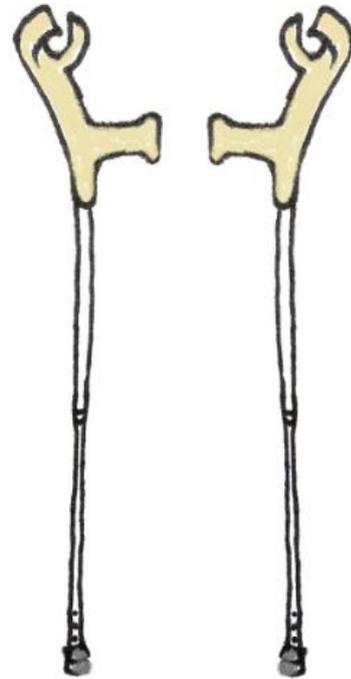
To sit down, step back until your legs touch a chair, reach with your hand until you can feel the seat.

To get up use both hands to push off the chair. Grab the walkers handle when you are standing straight. Never get up pulling the walker - it is too unstable, and you may fall.



2) Step TWO - Walking with Crutches

Before you get up and stand straight, do not try to put your hands into the crutches cuffs. The best way is to arrange the crutches into H position and hold them with one hand. Help yourself to get up by pushing with another hand from the chair. As soon as you stand straight and find the balance, grab your crutches and put hands into the cuffs. To walk, place both crutches shoulders width. Make the first step with the weaker leg as far as the crutches stand and then get the other leg. By the time pain has decreased you can start walking with one stick. Remember to hold it in the opposite hand to the weaker leg.

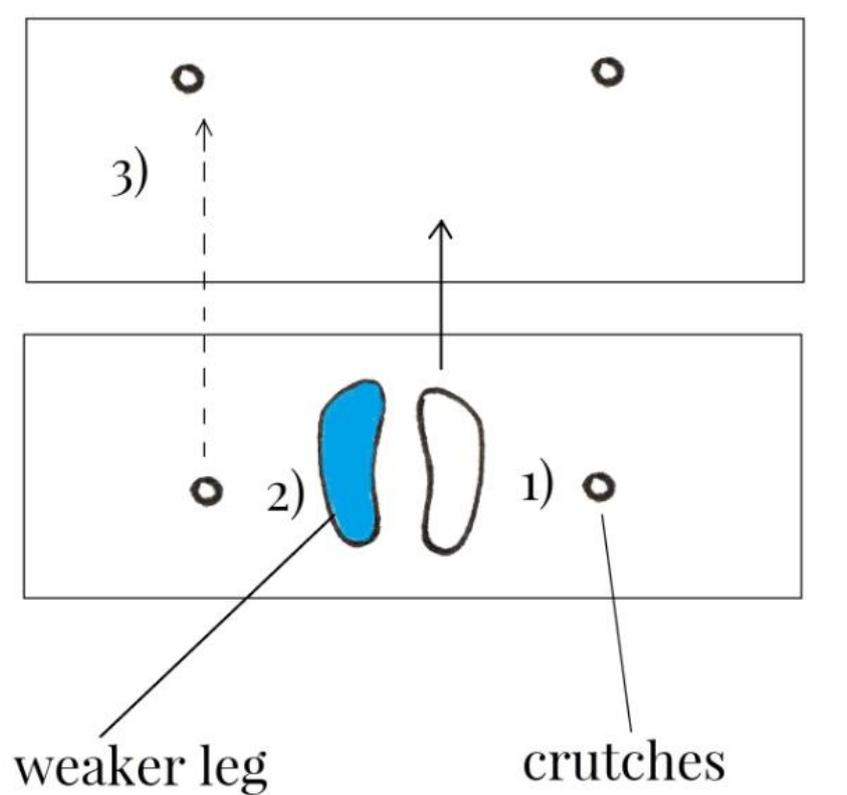


Part II

Basic operations

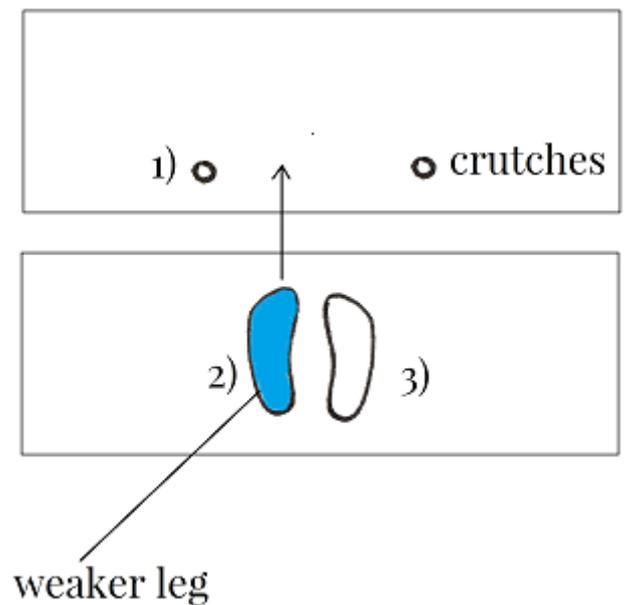
1) Climbing stairs

Stand close enough to the stairs and make a step up with your “stronger” leg. Then go with your weaker leg, put it on the same step and finally move the crutches.



2) Going down the stairs

At first move your crutches one step below, then move your weaker leg. Join the other leg.



3) Sitting on a chair / toilet

Step back to the chair unless you feel it touches your legs. Move your weight symmetrically on both legs. Hold the walker or crutches just with one hand. Straighten your weaker leg and keep it in front of you. With the other hand reach for the armrest of the chair and carefully sit down. It would be much more comfortable and safe if you had an extra pillow or an overlay. You can also buy a detachable elevated seat cover or have a toilet safety frame installed.

4) Getting up from a chair / toilet

To get up reverse the moves: sit on the edge of the chair, put both legs on the floor. Slide the operated leg to the front and keep it there during the movement. Hold the armrests tightly and get up.



5) Lying down on a bed

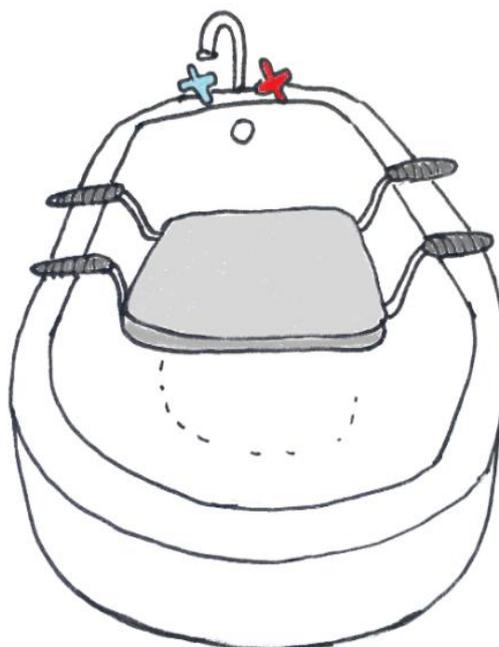
Before the surgery, it is a good practice to raise the bed's height to lie down more comfortably. Step back to the bed's edge unless you feel it touches your legs. Move your weight symmetrically on both legs. Leave the walker or crutches beside. Straighten your weaker leg and keep it in front of you. Reach for the bed with both hands and slightly lower your position. Slide on your rear back to the middle part of the bed, pick up both legs and keep them joined but not crossed. With slow moves move the legs on the bed.

6) Getting up from a bed

Bend your stronger leg and slide the weaker one to the edge of your bed. Turn yourself and sit on the side of the bed. Use both hands to get up.

7) Bathing

There are some rules that you should follow to avoid any injuries, falls and other unnecessary incidents. Always use a no - slip mat, both in the shower and in the bath. Keep the area dry. Remember also to protect the wound, as it should be dry to heal properly. If having a bath, it is recommended to purchase the bath board or bench; you should not sit in the tub unless the wound isn't completely healed and unless you can leave the bath yourself. Step back to the bath edge unless you feel it touches your legs. Slowly lower your position and sit on the bath board keeping the weaker leg in front. Use a sponge. In a shower, you should place a small plastic stool and sit inside.



8) Travelling by car

You should always travel in the front passenger seat. It should be pushed backwards with the back of the seat inclined. Stand by the door with your back to the car. Reach with one hand to the back of the chair and the other to the seat. Keep your weaker leg in front of you and lower your position. While sitting use the stronger leg and hands to slip back to the chair and rotating on your buttocks slide both legs inside the car.