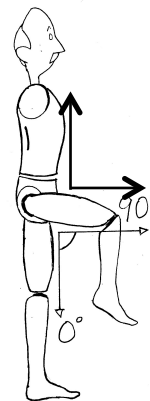


OCCUPATIONAL THERAPY HIP CARE TIPS

For six weeks after your operation

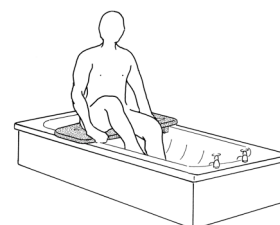
Do not:

- bend your hip more than 90°
- sit or lie with your legs crossed at the knees or ankles
- jar or force movements at the hip
- swivel or twist affected leg
- put pressure on the wound
- put weight on your operated leg for long periods
- bend forward when getting on and off sitting surfaces



Bathing:

Avoid sitting in the bath for the first six - eight weeks. If you do not have a shower we will order a bath board for you and you will be instructed how to get in and out of the bath.



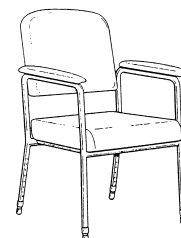
Bathing with Bath Board



Shower Stool

Showering:

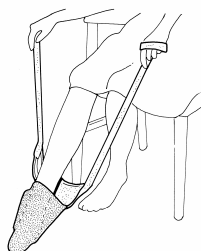
We can arrange for you to have a high shower stool in order to take weight off the operated leg and to reduce the chance of falling



Adjustable Height Day Chair

Dressing

- Sit on a high chair with arms to reduce the chance of falling.
- Always put pants on operated leg first.
- For six weeks after surgery you will need equipment or someone to help with dressing below the waist.

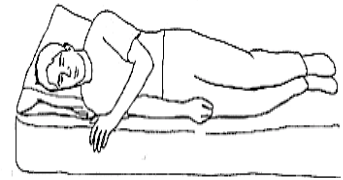


Use aids from your long handled kit to avoid bending eg

- sock/stocking aid
- long handled shoe horn
- pick up tongs

The Bed

- Make sure your bed is high enough for you to stand up without excessive hip bending.
- Bed raisers can be fitted if required.
- Lie on your back or on the unoperated side with a pillow between your knees as instructed by your physiotherapist.
- Fold your blankets to the side of the bed so you do not have to bend forward at the hips to pull the blankets over you.



Sitting

- Avoid low chairs without arms
- Platform chair raisers can be used to adapt your favourite chair

Kitchen and other work areas



Perching stool

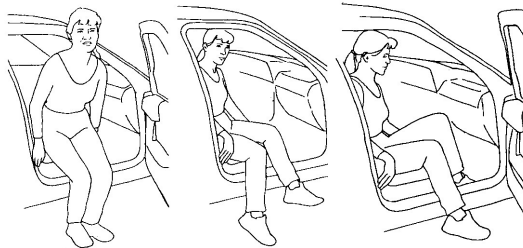
- When on crutches a trolley may be used to move objects around the room.
- Perch on a high stool to take the weight off your operated leg while you work.
- Do not bend down - store everyday items within easy reach.



Trolley

The Car

Follow your surgeon's advice about driving



*To get **into** a car put your bottom on the seat and swing your feet into the car.*

*To get **out** of car swing legs out gently and then stand up holding onto stabilised car door.*

Stairs NB Good leg (leads) up to heaven. Bad leg (leads down) to hell.

Sports/Hobbies

Check with your surgeon before restarting active sports or hobbies ie cycling, gardening, bowls.

Sexual Activity

Ensure any sexual activity does not place any strain on your operated hip and that your hip doesn't bend greater than 90° for at least three months post-operatively.

Home Help

If you require assistance with meal preparation and/or home help ask your hospital nurse.