



Lahey Hospital & Medical Center

DEPARTMENT OF OCCUPATIONAL THERAPY

HIP REPLACEMENT SURGERY GENERAL GUIDELINES and PRECAUTIONS

Until advised by your doctor you **MUST** follow the rules listed below:

- You can put as much weight as you can tolerate on your operated leg when standing or walking.
- You can put only 50% of your body weight on your operated leg when standing or walking.

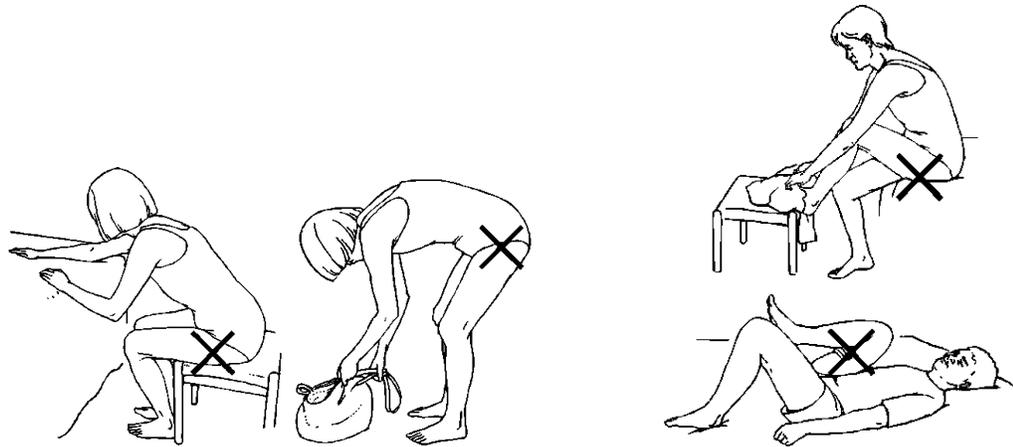
- Do not bend your operated hip past 90° degrees (a right angle).
- Do not cross your legs, ankles, or feet
- Do not twist your body
- Do not move your operated leg out to the side without assistance
- _____

Keeping Your Hip Safe: Hip Precautions

Below is a list of special instructions called hip precautions that **YOU MUST FOLLOW** in order to protect your new hip. They will help prevent your hip from dislocating (coming out of place). Your doctor will tell you how long you need to follow each of these hip precautions.

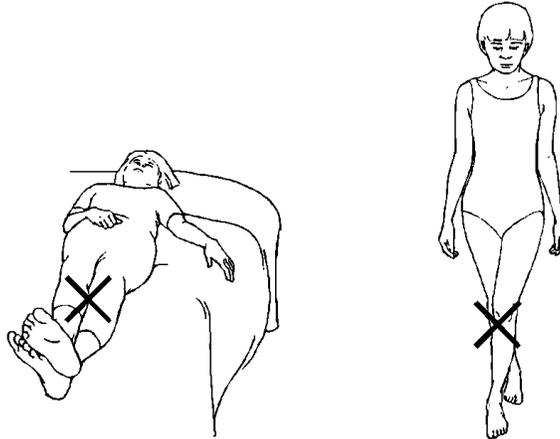
1. Do not bend your hip past 90° degrees (a right angle)

- **Do not** lift your knee higher than your hip.
- **Do not** bend over to put on pants, underwear, socks, or shoes. Your occupational therapist will teach you how to safely dress using the adaptive equipment described in this booklet.
- **Do not** bend forward while sitting on a chair, commode, or toilet.
- **Do not** bend forward in bed to bring your covers up.
- **Do not** bend over to pick anything up from the floor.
- **Make sure** your hips are higher than your knees when you are sitting down. You may need to sit on a higher chair or toilet seat to keep this position.



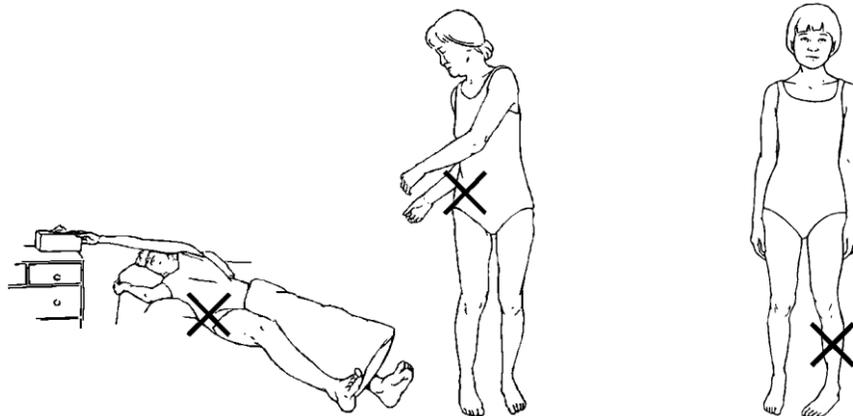
2. Do not cross your legs, ankles, or feet

- Always keep one leg on each side of your belly button.
- Place a pillow between your legs when you are lying in bed to keep your legs from crossing.



3. Do not twist your body

- **Do not** twist from your torso while laying down, sitting, or standing.
- Keep your right arm on the right side of your body and your left arm on the left side of your body.
- **Do not** reach your arms across your body.
- Keep your toes pointed straight ahead while standing.
- Keep your toes pointed up towards the ceiling while in bed.



Getting In and Out of Bed

Getting Into Bed

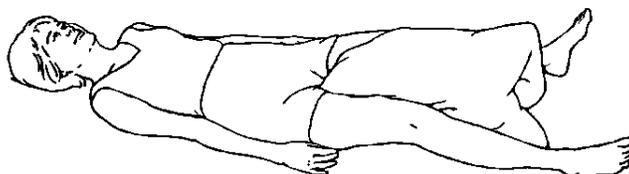
1. Sit on the edge of your bed with both feet on the floor. **Do not** bend forward or turn your legs in towards each other.
2. Use your arms to scoot yourself backwards onto the bed towards the pillows. Keep your shoulders back as you do this.
3. Bend at your elbows to lower yourself onto your forearms.
4. Slide your legs onto the bed one at a time, be careful not to cross your legs. Keep your legs straight and your toes pointed up towards the ceiling as you do this.

Getting Out of Bed

1. Slide your legs toward the edge of the bed one at a time. Keep your legs apart and your toes pointed up towards the ceiling as you do this. **Do not** roll onto your side.
2. Support your body with your elbows. Keep one arm on each side and **do not** reach across your body.
3. Push yourself up onto your forearms. Then push yourself up onto your hands.
4. Slide forward off the edge of the bed until both of your feet are on the floor. **Do not bend forward or turn your legs in towards each other.**

Lying in Bed

- Your hips should be higher than your knees when you are sitting on the edge of your bed. If your hips are lower than your knees, you need to raise the height of your bed. (You can raise the height of your bed using inexpensive bed risers)
- Lie on your back with a pillow between your knees to keep your legs from crossing and from turning in towards each other.
- **Do not** lie on your side unless your doctor says it's okay. Ask your doctor if this is okay at your follow-up appointment.



Standing, Sitting and Walking

Standing Up

1. Use your arms and hands to slide your buttocks to the edge of the surface you are sitting on (chair, commode, bed, etc.) until both feet are flat on the floor.
2. Bend your **nonoperated** leg. Keep your operated leg straight out in front of you. **Do not bend forward.**
3. Use your arms and hands to push off the surface you are sitting on.
4. Use your arms and hands to push up to a standing position. Put most of your weight on your non-operated leg.
5. Once you have your balance, move your hands to your walker or crutches. **Do not** pull up on your walker to stand.



Sitting Down

1. Sit in a sturdy chair with arms whenever possible. **Do not** sit in rocking chairs, rolling chairs, stools, or sofas. Your hips should be higher than your knees while you are sitting. (You may place a firm cushion or blankets underneath you to raise the height of the chair).
2. Back up to the chair, commode, or bed until you can feel it with the back of your legs.
3. Reach back with your arms and grab onto the armrests or the seat.
4. Use your arms to lower yourself down onto the seat. Keep your operated leg straight out in front of you as you do this. **Do not bend forward.**
5. Keep most of your weight on your nonoperated leg as you are lowering yourself down onto the seat.

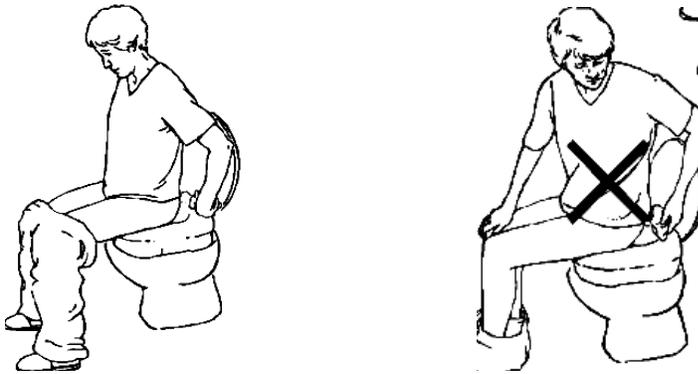
Walking with a Walker (Always use a walker, crutches or cane when walking)

1. Before moving, make sure all legs of the walker are flat on the floor.
2. Grab onto the hand grips of the walker.
3. Move the walker forward. Then move your **operated** leg forward.
4. Then push down on your hands to bear most of your weight on the walker and step forward with your **nonoperated** leg.
 - ❖ Face forward and do not twist from your torso
 - ❖ **Do not** turn or twist on your operated leg. Pick up your feet and turn using several small steps.
 - ❖ **Do not** carry anything in your hands while using your walker. Ask your occupational therapist about getting a walker that has a basket or tray.

Using the Bathroom

Using the Toilet

- **Do not** bend forward more than 90° or a right angle (for example, when you are pulling clothing up or down, reaching for toilet paper or flushing the toilet).
- Make sure your hips are higher than your knees while sitting on the toilet. You may need to use a **raised toilet seat** or **commode** to do this.
- Do not twist your torso to wipe. Reach behind you instead
- Some men may be able to stand to urinate. Ask your occupational therapist if it is okay to do this.



Using the tub and shower

- **Your doctor will tell you when you can shower.**
- **Do not sit in the tub and soak.**
- Place nonskid strips or a nonskid mat in the tub or shower.
- Consider installing grab bars both in and around the shower or bathtub.
- Use a hand held shower.
- When in the shower, be careful not to bend to adjust water temperatures or pick up items from the shower floor.
- Use a **long-handled sponge** for washing and drying your lower body.
- Your rehab therapist or home therapist will help determine the appropriate **bath bench** or **tub seat** to meet your needs.

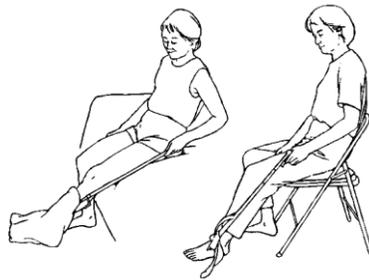
Getting Dressed

General Tips

- Wear loose fitting clothing to make dressing easier.
- Sit down while getting dressed. **Do not** dress while standing.
- **Do not** bend forward or lift your knee higher than your hip
- Gather all of your clothing and the adaptive equipment you need before getting dressed. Put it in a place that is easy for you to reach.
- Always dress your injured leg **first**; undress your injured leg **last**.

Putting on Pants Using a Reacher

1. Sit on the edge of your bed or in a sturdy chair. Make sure your walker or crutches are in front of you and within reach.
2. Use the reacher to grab onto the waist of your pants or underwear. Then using the reacher, lower your pants or underwear to the floor.
3. Stay seated and slide your operated leg through the leg opening. Using the reacher, pull your pants or underwear up to your knees.
4. Slide your nonoperated leg through the other leg opening and use the reacher to pull your pants or underwear up your thighs.
5. Stand up using your walker or crutches and pull your pants or underwear over your hips. Be careful not to put too much weight on your hip.
6. Sit back down to button or zip your pants.



Taking off Pants Using a Reacher

1. Stand with your back to your bed or a sturdy chair. Make sure your walker or crutches are directly in front of you and that you can reach your reacher.
2. Lower your pants or underwear over your hips.
3. Sit down on the edge of the bed or chair behind you.
4. Using the reacher, slide your pants or underwear down your nonoperated leg and off over your foot. Then slide your pants or underwear down your operated leg and off over your foot.
5. Use your reacher to pick your pants or underwear up off the floor. **Do not** bend down to pick up your pants or underwear.

Putting on Socks Using a Sock Aid

1. Sit down on the edge of your bed or in a sturdy chair. Make sure you can reach your sock aid.
2. Place your sock over the sock aid. Make sure the heel of your sock is at the back of the sock aid. Then pull your sock all the way over the sock aid. The toe of your sock should be tight around the sock aid.
3. Hold the sock aid by the straps with both hands. Still holding the straps, lower the sock aid onto the floor in front of your operated leg.
4. Slide your toes into the sock aid. Use the straps to pull the sock aid onto your foot. Keep pulling until your sock is all the way on your foot and the sock aid slides out of your sock.
5. Let go of only one strap. Use the other strap pick the sock aid up off the floor.
6. Repeat these steps for your nonoperated leg.



Taking off Socks

1. Sit down on the edge of your bed or in a sturdy chair. Make sure your reacher is within reach.
2. Use your reacher to grab hold of the back of your sock. Slide your sock down along the back of your leg and heel and off your foot.
3. Use the reacher to pick your socks up off the floor. **Do not** bend down to pick up your socks.

Putting on Shoes

1. Sit down on the edge of your bed or in a sturdy chair. Make sure your reacher is within reach.
2. Use your reacher to grab hold of the tongue of your shoe.
3. Use the reacher to line your shoe up with your toes.
4. Slide your foot into your shoe.
5. You may need elastic shoe laces or a long handled shoehorn to help you put your shoes on. Ask your therapist if these are right for you.

Taking off your shoes

1. Sit down on the edge of your bed or in a sturdy chair. Make sure your reacher is within reaching distance.
2. Use your reacher to grab hold of the tongue of your shoe.
3. Still using the reacher, slide your shoe off your foot from your heel.
4. Use your reacher to pick your shoes up off the floor. **Do not** bend down to pick up your shoes.

Getting in the Car - Backseat

1. Be sure the front seats of the car are as far forward as possible.
2. If your **RIGHT** leg was operated on, you should enter the back seat on the passenger's side of the car.
If your **LEFT** leg was operated on, you should enter the back seat on the driver's side of the car.
3. The car should be parked several feet away from the curb. With the back car door open, stand on the street (not of the curb) as close to the car as possible.
4. Turn so your back is facing the seat. Back up until you feel the car seat behind both legs.
5. Place one hand on the back of the front seat. Place your other hand on the back seat. **NEVER** use the car door for support as it can move!
6. Carefully lower yourself onto the car seat, sliding your operated leg out as you sit. Using your arms to guide you, slide back along the seat with your hurt leg lying on the seat. Remember to keep your shoulders behind your hips.

Safety tips

- ❖ **Always wear your seat belt**
- ❖ Transfer into a car that you are currently comfortable getting in and out of. Avoid low sedans and high SUVs or trucks.
- ❖ Placing a clean garbage bag on the seat will make it easier for you to slide on the seat.



Getting in the Car – Front Seat

1. Be sure the front seat is as far back as it will go and that the seat back is in a semi-reclined position.
2. The car should be parked several feet away from the curb. With the front door open, stand on the street, as close to the car as possible.
3. Turn so your back is facing the seat. Back up until you feel the car seat behind both legs.
4. Place your **RIGHT** hand on the back of the car seat/headrest. Place your **LEFT** hand on the car dash board. Never use the car door for support as it can move!
5. Carefully lower yourself onto the car seat, sliding your operated leg out as you sit. Using your arms to guide you, slide yourself back into the seat while keeping your shoulders behind your hips.
6. Bring your legs into the car one at a time. Move each leg a few inches at a time. If you need to, use your hands to help move your legs.
7. Continue to do this slowly until you are facing forward.

Safety tips

- ❖ **Always wear your seat belt**
- ❖ If you have had a **posterior hip surgery with hip precautions**, and the car seat causes your knees to be higher than your hips, use a firm pillow or folded blankets to raise the level of the seat.
- ❖ Placing a clean garbage bag on the seat will make it easier for you to slide on the seat.
- ❖ Transfer into a car that you are currently comfortable getting in and out of. Avoid low sedans and high SUVs or trucks.



Home Safety

- Remove all throw rugs from your home.
- **Do not** try to carry items while using your walker. Always use a tray or basket attached to your walker or wear an apron with pockets.
- Keep a portable phone or cell phone with you.
- Raise the height of your chairs with a firm cushion or folded blankets.
- Make sure your bed is high enough so that when you sit on it, your hips are higher than your knees. Raise your bed if it is too low. You can buy bed risers at many home good stores and online.
- Sit in a chair with arms whenever possible.
- Move food and dishes to shelves and countertops that are easy to reach. They should be between shoulder and knee height.
- Sit while doing kitchen tasks whenever possible.
- Slide objects along countertops instead of lifting and carrying them.
- Use night lights to help you see if you need to get up in the middle of the night.

Adaptive Equipment

<p>Reacher</p> <p>This can be used to help you pick up items from the floor, bring your covers up in bed, and put on your underwear and pants.</p>	
<p>Sock aid</p> <p>This can be used to pull your socks on. The long handles help you to do this without having to bend at your hips.</p>	
<p>Long-handled shoehorn</p> <p>This can be used to put your shoes on. The long handle helps you to do this without having to bend at your hips.</p>	
<p>Elastic shoelaces</p> <p>These stretchy shoelaces allow you to put your shoes on and take them off without having to tie or untie the laces. This helps you to slip into and out of your shoes without having to bend at your hips.</p>	
<p>Long-handled Sponge</p> <p>This helps you to wash your legs and feet while bathing without bending at your hips. You can also wrap a towel around the sponge to help you dry off after your shower or bath.</p>	

<p>Commode</p> <p>This can be placed over your toilet or beside your bed. It will help you use the toilet while bending at your hips as little as possible.</p>	
<p>Raised toilet seat</p> <p>This can be placed over your toilet to make the toilet seat higher. This helps you to use the toilet while bending at your hips as little as possible.</p>	
<p>Bath bench</p> <p>You can sit on this in a tub-style shower. Sitting will help you to bathe while moving your hips as little as possible. The bench also extends over the side of the tub to keep it in place.</p>	
<p>Tub seat</p> <p>You can sit on this seat in the shower. Sitting will help you to bathe while moving your hips as little as possible.</p>	
<p>Bed Risers</p> <p>These are sturdy blocks that lift the height of your bed by 6 inches.</p>	

Where to buy adaptive equipment – Local Resources

Andover, MA

Letourneau's Pharmacy
349 North Main Street
Andover, MA 01810
(978) 475-7779
letourneaus.net
Mon-Fri 9am-6pm
Sat 9am-1pm

Belmont, MA

Belmont Medical Supply
185 Belmont Street
Belmont, MA 02478
1 (617) 484-3888
belmontmedical.com
Mon-Thurs 9am-5:30pm
Fri 9am-5pm
Sat 9am-2pm

Haverhill, MA

Home Care Specialists
(978) 373-7771
www.hcshme.com/shop
Mon-Fri 8:30am-4:30pm
Sat 8:30am-3pm

Lowell, MA

Alternative Care Providers
12 Wood Street
Lowell, MA 01851
(978) 458-6551
acpcares.com
Mon-Fri 9:30am-5:30pm
Sat 10am-4pm

Lowell MEDCO Home
Healthcare
1679 Middlesex Street
Lowell, MA 01851
(978) 458-6551
Mon-Fri 9am-5:30pm
Sat 10am-4pm

Methuen, MA

Conlin's Pharmacy
30 Lawrence Street
Methuen, MA 01844
(978) 552-1750
conlinspharmacy.com
Mon-Fri 8:30am-7pm
Sat 9am-3pm

Nashua, NH

Charron Medical Services
1 E. Hollis Street
Nashua, NH 03060
(603) 889-7220
charronmed.com
Mon-Wed, Fri 9am-5pm
Thurs 9am-6pm
Sat 9am-3pm

Newburyport, MA

Daniel L. Lynch Pharmacy
173 High Street
Newburyport, MA 01950
(978) 462-2232
Mon-Fri 8:30am-6pm
Sat 8:30-3pm

Peabody, MA

Beverly Medical Supplies
Inc
5 Elm Street
Peabody, MA 01960
(978) 922-1022
beverlymedicalsupplies.com
Mon-Fri 8:30am-5pm
Sat 9am-12pm

Salem, MA

Hutchinson Medical
333 Highland Ave.
Salem, MA 01970
(978) 741-1770
hutchinsonmedical.com
Mon-Fri 8:30am-5pm
Sat 9am-12pm

Wakefield, MA

The Medicine Store
409 Lowell Street
Wakefield, MA 01880
(781) 246-3527
Mon-Fri 9am-6pm
Sat 9am-2pm

Woburn, MA

Careway Wellness Center
508 Main Street
Woburn, MA 01801
(781) 933-2345
carewaywellness.com
Mon-Fri 9am-5:30pm
Sat 9am-4pm

Rite Aid

350 Cambridge Street
Woburn, MA 01801
(781) 933-4410
Mon-Fri 8am-10pm
Sat 8am-9pm
Sunday 9am-7pm

Where to Buy Adaptive Equipment - Online

Alimed: www.alimed.com

Allegro Medical: www.allegromedical.com

Amazon: www.amazon.com

Drugstore.com: www.drugstore.com

Rite Aide: www.riteaideonlinestore.com

Where to Borrow Adaptive Equipment

You may be able to find donated equipment to loan at these locations:

The Masons Hospital Equipment Loan Program (HELP)

The Masons Hospital Equipment Loan Program (HELP)

500 West Cummings Park (Rear) Suite 1150

Washington Street, Woburn, MA 01801

(781) 322-1052 (phone line in open Saturday 9am to 12 pm)

HELP provided medical equipment for loan for home use

Drop off and pick on Saturday 9am to 12 pm ONLY

Braintree Department of Elder Affairs

71 Cleveland Avenue, Braintree, MA 02184

(781) 848-1963

Braintree Department of Elder Affairs loans equipment to people of all ages

You do not have to be a resident of Braintree to borrow equipment

Call ahead to schedule a time for pickup

Open Monday to Friday 8:30am to 4:30pm