

Activities of Daily Living after Posterior Hip Replacements: Precautions, Reminders, Tips and Adaptive Equipment for Activities of Daily Living:

1. Do not raise your knee above your hip or bend forward past 90 degrees

Dressing:

Do not reach below your knees for lower body dressing.

Use a **reacher** for lower body dressing while sitting at edge of bed or chair.

Dress operated leg first, undress operated leg last.

Use **sock aid** and a **long handled shoe horn** to put on your socks and shoes. Velcro straps, elastic shoe laces, or well-fitting slip on shoes may increase ease with donning shoes.

Toilet Transfers

Use a raised toilet seat or bedside commode. Practice with your therapist getting off and on the toilet. Always reach back to sitting surface and slide operated leg out, slowly lower hips using arm and non-operated leg strength.

Tub / Shower Transfers

Use bath bench or shower chair initially and practice getting on and off the bench with your therapist. When you get home it is helpful to do a “dry run” in and out of shower with someone standing by to work out all the kinks before going for a full shower.

Personal hygiene and bathing:

Use a **long handled sponge** to wash feet and legs.

You may need to adapt personal toileting hygiene “technique” to avoid bending too far, or twisting. Complete hygiene in standing to put less pressure on your operated hip. Use a long handled toilet paper aid or bidet with thoroughness for personal hygiene.

2. Do not cross your legs or feet

3. Do not roll your operated leg inward

It may be helpful to keep a pillow between the legs when at rest. Avoid all twisting with standing tasks. Take the time to face what you are doing.

*** ALWAYS KEEP BOTH HANDS ON THE WALKER WHEN MOVING**

- To assist with carrying objects when using a walker, consider using a walker tray or attaching a small bag to the front of the walker.

* Always carry a cell phone, or life alert device, with you in case of an emergency.