

## Coker Rehab Services

### Daily Activities After Your Hip Surgery:

Adhere to the following precautions until your surgeon approves otherwise. If you have any questions or problems, contact your surgeon.

## Sitting

### Correct

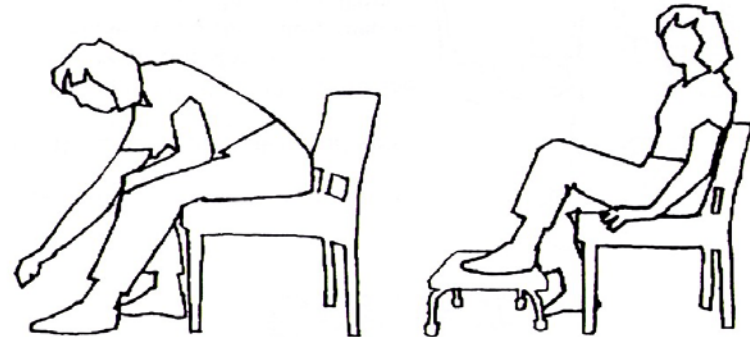


Do keep your hip at a right angle (90°).

### Incorrect



Do not cross your legs (at the knees or ankles) until your doctor gives you the okay. Both drawings show incorrect positions.

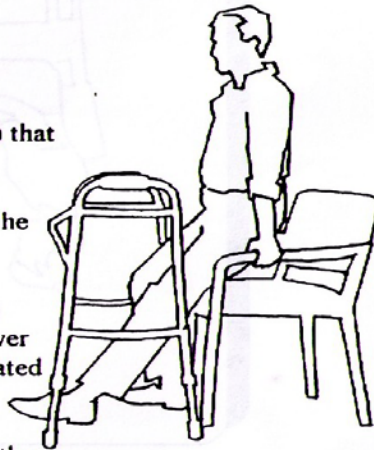


Do not bend forward more than 90° until your doctor says you may. Do not lift your knee higher than hip height on the operated side. Note the angle of the hip in both drawings. Both are incorrect.

# Chair Positioning Correct

Use a firm, sturdy chair (with armrests) that is at least 18" high.

1. Back up to the chair until you feel the back of your knees touching it.
2. Move your operated leg out as you reach back for the armrests and lower yourself slowly, keeping your operated leg straight out (see drawing).
3. When getting up, scoot forward in the chair, keeping your hip in 90° position. Push up using the armrests, again keeping your operated leg out in front.



Specific recommendations for you:

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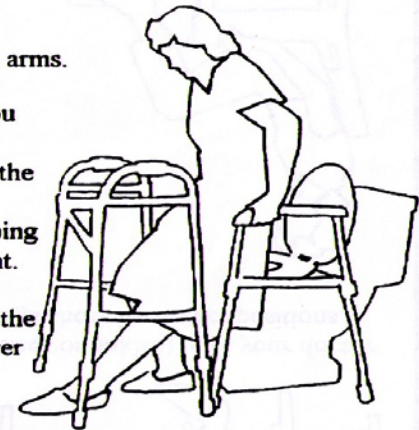
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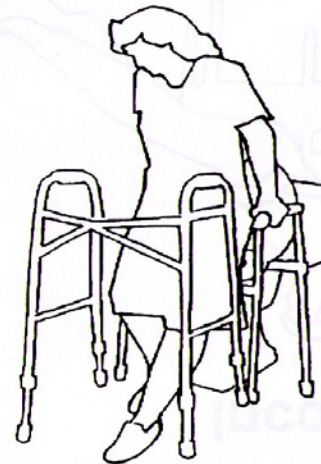
# Toilet Transfer Correct

Use a raised commode seat with arms.

1. Back up to the toilet until you feel the back of your knees touching it. Reach back for the armrests and slowly lower yourself onto the toilet, keeping your operated leg out in front.
2. Bend your knees and hip on the nonoperated side as you lower yourself onto the seat.



3. Reverse the procedure for getting up, using the armrests to push on. Get your balance before grabbing the walker.



# Using a Walker

## Correct



Remember to keep your hip properly aligned and straight when using a walker.

Do not put more weight on your operated hip than was specified while you were in the hospital.

Specific recommendations for you:

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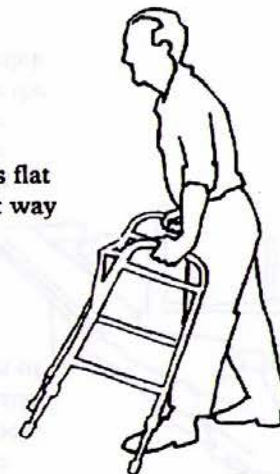
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## Incorrect



**Do not rotate your hip at all.** This means that you should not turn it inward or outward. You will also have to avoid turning your foot inward, because this will result in your hip rotating inward also. The drawing shows an **incorrect** position for your hip to be in .

**Do not take a step until your walker is flat on the floor.** This shows an **incorrect** way of using the walker.



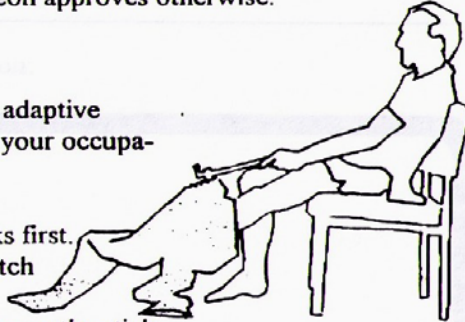
**Do not pull up in the walker when rising from sitting.** Use an armchair so you can use the arms to push up from the chair. This shows an **incorrect** way of rising from a chair.

# Dressing

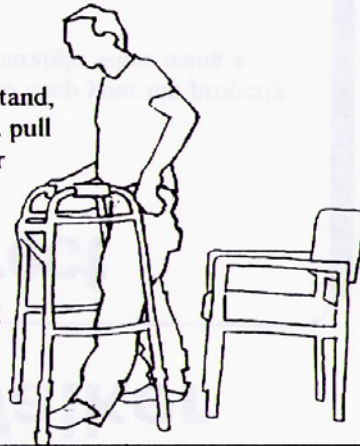
**Note:** If you do not use the adaptive equipment and techniques shown, you must have help to put on and take off slacks/underwear, socks/hose, and shoes until your surgeon approves otherwise.

## Slacks and Underwear

1. Sit in an armchair. Use the adaptive devices provided to you by your occupational therapist.
2. Put on underwear and slacks first. Using the dressing stick, catch the waist of the underwear or slacks with the hook. Lower the stick to the floor and slip slack leg over your **operated leg first**. Then do the same for your nonoperated leg (see drawing). Use the same method if using a reacher.



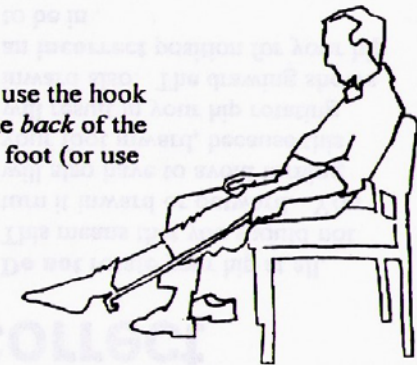
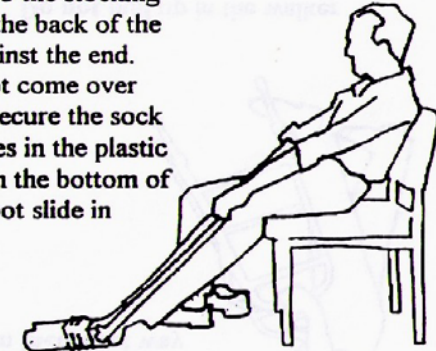
3. Pull the slacks up over your knees. Stand, **with the walker in front of you**, and pull the slacks up, holding onto the walker with one hand, alternating hands as needed.
4. When undressing, take the slacks and underwear **off your nonoperated leg first**, reversing step #3 above.



## Socks and Stockings

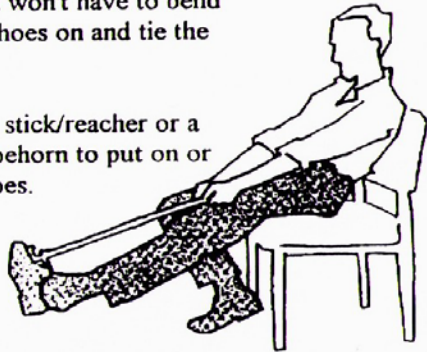
For men, knee-high socks are recommended. For women, knee-high socks or stockings are recommended. **Do not** try to put on or take off TED hose with the adaptive equipment, get assistance for this.

1. Slide the sock or stocking onto the stocking aid. Make sure the heel is at the back of the plastic and the toe is tight against the end. The top of the sock should not come over the top of the plastic piece. Secure the sock in place with garters or notches in the plastic piece. Putting baby powder in the bottom of the sock aide can help your foot slide in easier.
2. Holding onto the cords, drop the stocking aid out in front of the operated foot. Slip your foot into the sock and pull it on (see drawing). Release the garters, or remove the sock from the notches with the dressing stick or reacher.
3. To take socks or stockings off, use the hook on the dressing stick to hook the **back** of the heel and push the sock off your foot (or use the hook on the reacher).



### Shoes

1. Wear slip-on shoes or use elastic shoelaces so you won't have to bend over to put the shoes on and tie the laces.
2. Use the dressing stick/reacher or a long-handled shoehorn to put on or take off your shoes.



Specific recommendations for you:

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## Homemaking



1. Use an apron with several pockets.
2. Carry hot liquids in containers with covers.
3. Slide objects along the countertop, rather than carrying them.
4. Use a reacher to reach objects on the floor. **Do not** bend down to pick up objects.
5. A walker bag or basket is available. It fits on your walker and can be used to carry items including plates, silverware, food in sealed containers, etc.
6. Remove scatter rugs from the floor to avoid tripping over them.



7. Use a utility cart to carry items from place to place. Push it ahead of the walker. This will free up your hands, and it will also reduce the number of trips you will need to make to complete a task.