

## **Activities of Daily Living After Posterior Hip Surgery**

*This handout gives guidelines to follow after hip surgery. Following these guidelines will protect your hip and help you recover.*

### **Protect Your Hip**

- Do not bend your hip further than 90 degrees
- Do not cross your legs
- Do not rotate your leg inward

### **Getting Dressed**

- Use your reacher for putting your underwear and pants on the leg that had the surgery.
- Slip-on shoes are good for after surgery.
- For tie shoes, elastic shoelaces will make them easier to slip in and out of without bending forward to tie them. You can also loosen the laces towards your ankles to make your current shoe a slip-on. A long handled shoe horn will allow you to slip into tied shoes as well.
- Use a sock aid for putting on your socks.

### **Showers**

- Have someone help you the first few times you shower, until you feel sure about your safety.
- To avoid slipping, wear sandals, shoes, or socks with non-slip tread when you shower or place non-skid strips in your shower or tub.
- Use a long-handled sponge or loofah to wash your ankles and feet.
- A shower chair or tub transfer bench may be recommended by your occupational therapist.

### **Preparing Your Home**

- Remove loose, non-secured rugs in your home to avoid tripping and prevent falls.
- Contain pets in another room of the home when you return from surgery. Allow yourself to get into a safe, seated position before allowing the pets to come greet you.
- Make sure daily items are within reach at counter height.
- Keep your reacher nearby. If you are using a walker, you can:
  - tie your reacher to your walker with a piece of string.
  - Velcro™ your reacher to your walker.
  - carry your reacher in a walker bag.
  - rest your reacher between the walker handles.
- Think about if you can maintain the 90 degrees at your hip when getting in and out of your favorite chair. You may need to choose a higher or firmer chair to sit in if getting out of it is difficult.