



Uniquely Connected. For Life.™

HERITAGE VALLEY  
HEALTH SYSTEM

## **OCCUPATIONAL THERAPY**

### **TOTAL KNEE/HIP REPLACEMENT**

Occupational Therapy will help you find adaptive ways to independently perform activities of daily living. This includes dressing, bathing, getting in and out of bed, raising and lowering yourself to various surfaces (such as a toilet or into a vehicle), and safely using a walker around the house. Treatment typically begins the first day after surgery.

General precautions to observe after surgery, which will be reinforced in therapy, include:

#### **HIP REPLACEMENT:**

- No bending forward past 90 degrees at the hip. The knee should be no higher than the hip while seated.
- No crossing of the legs.
- No twisting of the legs, such as pivoting on the leg while reaching for an object or rotating the toe inward.

#### **KNEE REPLACEMENT:**

- No twisting while bearing weight on the operated leg.

#### **Items to consider bringing to the hospital:**

- A pair of comfortable, loose shorts or light pants and tops
- Shoes you will frequently wear that may need to be adapted with elastic shoelaces

#### **Suggestions for a safe return home:**

- Eliminate throw rugs and clutter to increase safety when using a walker.
- Use non-skid mats in the bathroom and adhesive bathtub strips or decals.
  - Consider grab bars and a hand-held shower head
- An elevated toilet seat is a requirement for Hip Replacements and may be used, if needed, for Knee Replacements.
- Place lightweight plywood beneath the sofa cushions for ease in rising.
  - May also use pillows or a folded blanket under or on top of chair cushions
  - Chairs with armrests help for pushing to a standing position
- Be careful when using a walker with pets in your home, as they may accidentally throw you off balance.
- For your return home, place a pillow or folded blanket, covered in a garbage bag, for elevation and easy sliding when transferring in and out of the vehicle.



## JOINT REPLACEMENT ADAPTIVE EQUIPMENT

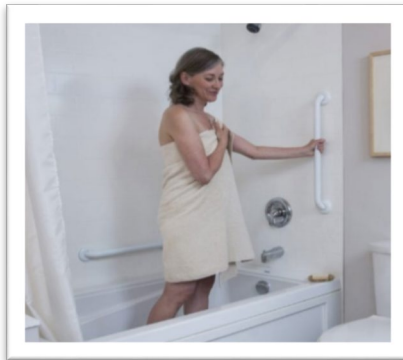
❖ **Insurance DOES NOT generally cover bath/shower chairs or benches. Insurance may or may not cover all or part of a Bedside Commode and generally does not cover elevated toilet seats. It is always recommended to check with your individual insurance plan.**



**Elevated Toilet Seats/Bedside Commode**  
❖ **Necessary for Total Hip Replacements**



**Bathtub Grab Bar Attachment**



**Shower Grab Bar**



**Tub Transfer Bench**



**Hip Dressing Kit**

Can be provided during hospital stay.  
A bill for \$39.99 will be sent to your home.



**Front Wheeled Walker**

Will be provided during your hospital stay  
by a Physical Therapist, if needed.

- ❖ Other items can be purchased at HVHS Retail Pharmacy (Beaver and Sewickley Campuses)
- ❖ May also be found at Amazon, Walmart, Walgreens, etc.