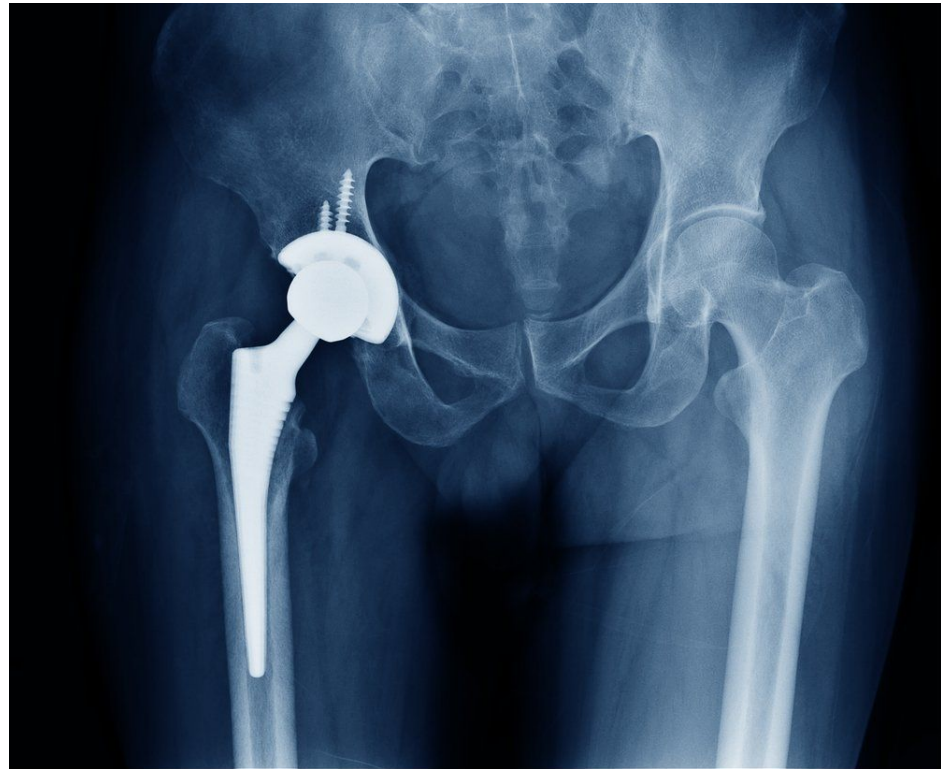




Occupational Therapy Recommendations: Total joint replacement

These recommendations will help you follow your post-operative precautions and support a smooth transition from hospital to home. Post-operative precautions are to be guided by your surgeon.



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Launceston, Hobart, Ulverstone

Bathroom

Post-operatively, it may be challenging getting on and off a toilet or being able to wash your feet. Here are some options that may help your transfers and lower your risk of falls while maintaining your restrictions.



Over-toilet frame

Over-toilet frames fit over the top of the toilet. They have armrests and are height adjustable.

Things to consider

- Ensure the safe working load (SWL) matches your weight and your equipment is set up at an appropriate height.
- Installation of rails in the shower can assist you to step in and out safely and can provide something to hold onto in the shower. **Avoid suction rails. These can slip!** Rails should be installed by a registered builder and fixed into a stud as per Australian Standards 1428.1 (2021).

Shower seat with arms

Shower stools enable you to sit down when showering during your recovery.

Shower chairs with a backrest are also available. Most shower chairs and stools have height adjustable legs. Armrests on the shower stool or chair can help you get up and down more easily.



Toe washer

To wash between your toes while maintaining your restrictions, use a toe washer. You can buy toe washers or make your own.

To make your own toe washer, take a ruler (making sure there are no sharp edges or splinters) and wrap some dishcloth around the end. Secure the dishcloth with a rubber band. To dry your feet, replace the dishcloth with a dry one.



Long-handled sponge

You can use a long-handled sponge to reach your lower legs or back more easily.

Seating

Wedge cushions

Cushions can ensure maintenance of your hips higher than your knees if sitting on low surfaces such as a chair or in a car.



Rigid day chair

A chair with height-adjustable legs can ensure your feet are flat on the floor and your hips are higher than your knees when seated. These chairs are available with a low back or a high back.



Things to consider

- Ensure the safe working load (SWL) matches your weight and your equipment is set up at an appropriate height.
- You can increase the height of your lounge chair or bed by placing raising blocks or a platform placed under all four legs.
- Ensure your hips are higher than your knees when seated after a hip operation.

Transferring into a car



1. Move the front passenger seat as far back as it will go.
2. Recline the seat slightly
3. Lower into the seat bottom first
4. Slide back into the seat
5. Swing both legs into the car at the same time
6. Ensure your hips are above your knees
7. Reverse this technique when getting out of the car

Pick-up stick

A pick-up stick can be useful to help pull up your pants while maintaining your post-operative restrictions.



Putting on pants

1. Clasp pick up stick around the waistband.
2. Lower stick with pants to the ground.
3. Put operated leg into pant leg.
4. Pull pick up stick towards you to a reachable height.

Shoulder replacement considerations

- Perform activities in front of you. Refrain from reaching, pulling, lifting and pushing.
- Choose loose fitting clothes with front opening zips or buttons
- Dress your operated arm first and undress it last. This way, your unoperated arm can help your operated arm.

Long-handled shoehorn

A long-handled shoehorn can help you to take your socks off or put your shoes on.

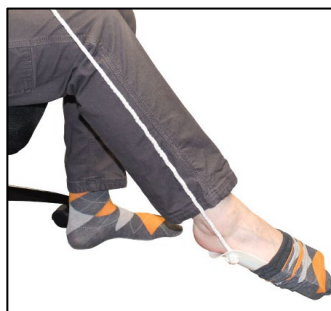


Sock aid

A sock aid can help you to put your socks or stockings on if you have difficulty bending down to your feet. A sock aid is a piece of flexible plastic with a long ribbon or cord.

How to use a sock aid

1. In a seated position, fold the sock aid in half lengthways. To stabilise the sock aid, put it between your knees. Pull the sock over the sock aid until the toe of the sock is at the end of the aid.
2. Use the tapes to lower the sock aid to the ground.
3. Place your foot to the end of the sock aid.
4. Point your toes and pull on the tapes.



Prevent falls, trips and slips!

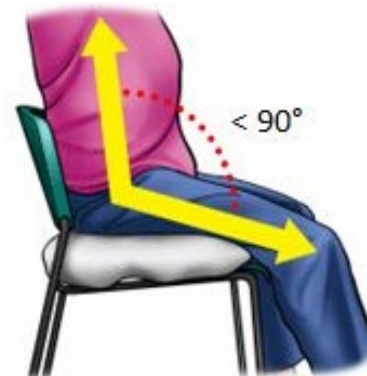
A fall can happen to anyone at any time. Remove mats, cords and any trip hazards to lower your risk particularly post-operatively.



Hip precautions

Do NOT:

- Bend your hip past 90 degrees
- Cross your legs
- Bend to pick up objects
- Rotate your leg when standing

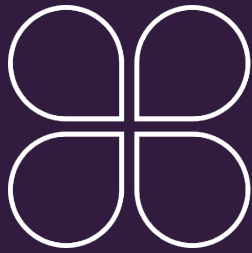


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