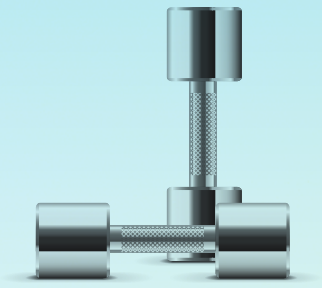


# How to Prepare for your Knee/Hip Replacement



## EXERCISE

Light leg and arm exercises – the better shape your body is in before surgery, the better shape it will be in after surgery – leading to quicker recovery.



## BATHROOM/SHOWER

- > If you have a tub shower, consider a tub transfer bench to make getting in and out of the tub safer.
- > If you have a walk-in shower, consider a shower chair if you have endurance issues prior to surgery.
- > If you are planning on sitting or standing when showering, also consider installing a hand held shower.
- > Consider installing a high rise toilet seat.



## DRESSING/CLOTHING

- > Reacher/dressing stick: assists with putting on pants and taking off pants and socks.
- > Sock aide: assists with putting on socks.
- > Long handled shoehorn: assists with putting on shoes, it may be a good idea to find sturdy slip shoes to avoid the need to tie your shoes.
- > Long handled sponge: assist with washing feet.



## HOME

- > Remove all throw rugs or other possible obstacles from the floor to avoid tripping when you are using a walker.
- > Rearrange furniture to create clear pathways large enough for you to maneuver a walker.
- > Make sure your most commonly used chairs have armrests and firm, high seats; it will be much easier to stand up from a chair when you can use your arms to help.
- > Store commonly used items at waist or shoulder level so you will not have to bend over to reach them.
- > Stock up on food items or arrange for someone to help the first few days you will be home.
- > Recommended height for chair should be 17-19" height seat height.
- > Consider adding railing to stairs.