

OT Tips: Identifying Hip Patients

The reality is that sometimes we do not always get enough information transferred to us to know what precautions to take when seeing a patient in the hospital setting. Here are a few tips that can clue you in:

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Clues to look for:	What you can assume:	Precaution:
Leg brace that extends from ankle to groin area	<p>DX: THR w/precautions</p> <ol style="list-style-type: none"> 1. Adaptive Equipment will be use of a hip kit (Long handled Reacher, shoe horn, and bath sponge. Sock Aid) They may also need a bath bench and raised toilet seat (3 in 1) depending on home set up. 2. Benefit from a Hip Precaution Handout. 	<p>THR precautions:</p> <ol style="list-style-type: none"> 1. No hip flexion more than 90 degrees. 2. No crossing ankles. 3. No internal rotation with affected leg: Also, no walking with sharp turns producing internal rotation of the femoral head. 4. No active Abduction.
Wedge/Triangle Shaped pillow	<p>DX: THR w/precautions</p> <ol style="list-style-type: none"> 1. Adaptive Equipment will be use of a Hip Kit (Long handled Reacher, shoe horn, and bath sponge. Sock Aid) They may also need a bath bench and raised toilet seat (3 in 1) depending on home set up. 2. Benefit from a Hip Precaution Handout. 3. Teach Use of Grab Bars. 	<ol style="list-style-type: none"> 1. Pillow is used to keep them from turning toe inward toward midline or crossing legs. 2. Use THR precautions
See "THR" in the chart	They have had a Total Hip Replacement due to arthritis(DJD) or a fracture.	Use Total Hip Precautions* Provide Hip Kit
See "WBAT" in chart	<ol style="list-style-type: none"> 1. "Weight Bearing As Tolerated" 2. Usually less concern of bone integrity and joint stability. 3. Usually younger patients. 4. Teach Use of Grab Bars. 	<ol style="list-style-type: none"> 1. Look to see if there is a percentage of weight that can be placed on the affected joint. 2. Ask patient to let you know should there be an increase in pain upon mobility.

*Brilliant Therapy has picture images of hip precautions for your use.