

Hip Precautions



- * No Hip Flexion Beyond 90. Do not bend over or try to retrieve anything low to the floor without utilizing your long-handled Reacher.
- * No Crossing Over Midline. Do not cross your legs! Use the wedge pillow provided and do not sleep on your side.
- * No Hip Internal Rotation. Keep your toes pointed up in bed or make sharp turns when ambulating as this can cause the femur to rotate inward. Do not pivot on the operated leg. Joint protection is an important part of insuring a successful recovery.

Information to assist with treatments:

1. Hip Kits are often put together and offered at the hospital, but if a patient does not have this paid under their insurance plan, then they can purchase the items for less at Dollar Tree (Long Handled Shoe Horn) or pharmacies. They can also make a sock aid and other items*.
2. Using plywood to make a couch firmer can be a good fix. When hip patients go home and sit on a couch it often compresses to a lower point and will cause them to violate hip precautions when going from sit to stand.
3. Low toilet seats (standard 15") can be addressed with a 3 in 1 Commode chair. This can be used over the toilet to raise the seat or in a tub, or beside their bed.
4. At home, make sure furniture is moved if necessary to allow open easy walkways and lighting is adequate especially at night.
5. Make sure that grab bars are appropriately placed for client height and maneuverability.
6. A Home Evaluation can be critical for home safety and precautions follow through.
7. Energy Conservation Tips and Easy to Make Nutritional Recipes* can be helpful tools.
8. Have an Emergency Plan set up:
 - * Place all current doctor & medicine information in 1 easy to access medical folder. Staple/tape business cards to it.
 - * A reliable friend/family to call and check on a regular basis
 - * Phone numbers placed in a user-friendly location
 - * Transportation information facts posted on wall.
 - * Financial Management Support- Somebody to make sure bills are paid, etc.
 - * Medication Management. Use a pill case etc.
 - * Bathrooms can be dangerous. Bad days may need handrails, bathmats, Alert One Medical bracelet, and night light.
 - * Pet management needs (I they have any)
 - * Social & Emotional Needs Support- Church or Day Programs.