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Getting Dressed with Hip Precautions

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Getting Dressed with Hip Precautions

Description

This patient education handout shares tips on getting dressed with hip precautions.

Keywords

occupational therapy, hip precautions, adaptive dressing aids

Disciplines

Occupational Therapy | Rehabilitation and Therapy

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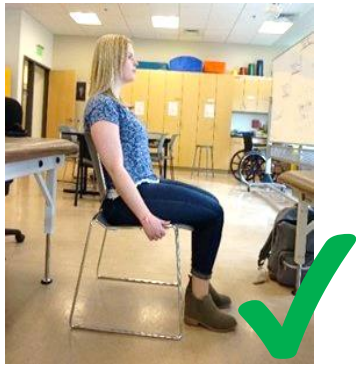
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Getting Dressed with Hip Precautions

To make sure you heal after your hip replacement surgery follow these guidelines, called hip precautions, to help you sit, move, and get dressed safely.

Your Hip Precautions:

⇒ **Sit safely:** Sit with your knees lower or level with your hips. Do **not** lift your legs past 90 degrees.



⇒ Keep your legs apart. Do **not** cross your knees or ankles.



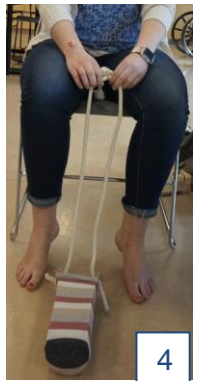
⇒ Keep your feet pointed **forward**. Do **not** turn your operated leg in or out.



Putting on Your Socks and Shoes

Use these steps to safely put on your socks and shoes and follow your hip precautions.

Use a sock aid to put on your socks



1. Place the sock aid between your thighs with the rope end in your lap.
2. Put the sock on the aid. Keep the heel of the sock at the bottom of the aid.
3. Pull the sock all the way down until it touches the rope knots. **Do not** pull the sock over the rope.
4. Hold one rope in each hand and drop the sock aid on the floor in front of the leg that was operated on.
5. Slip your foot into the sock aid. **Do not** bend your leg at the waist.
6. Pull on the ropes to pull the sock on to your foot. Keep pulling until the aid comes out of your sock.
7. Do the steps again with your other foot.

Use a shoe horn to put on your shoes

1. Place the shoe on the ground in front of you near your foot.
2. Place the end of the shoe horn into your shoe. Press it against the heel of your shoe.
3. Guide your foot into the shoe until the shoe is on your foot. **Do not** bend your weaker leg at the waist.
4. Pull the shoe horn out of your shoe.
5. Do these steps again with your other shoe.



Putting on Your Pants

Use these steps to safely put on your pants and follow your hip precautions.

Use a reacher to put on your pants



1. Roll up the legs of the pants.
2. Place the pants on the ground using the reacher.
3. Use the reacher to grab and lift the waistband of the pants.
4. Put your weaker leg into the pant leg, then put your stronger leg in. Use the reacher to adjust when needed. **Do not** bend your weaker leg at the waist.
5. Use the reacher to pull the pants past your knees.
6. Roll the pant legs down using the magnet tip on the back of the reacher.
7. When you can reach the pants without bending at the waist, pull your pants the rest of the way up.
8. Depending on your strength, stand up to pull your pants up or lean a little sideways in your chair to pull up each side.

Helpful Tips for Dressing

Before getting dressed:

- Gather clothing, socks, shoes, and dressing tools and place them close to you.

When getting dressed:

- Keep your back against the back of your chair, and the back of your thighs against the bottom of your chair.
- This keeps your body in the right position to help you follow your hip precautions.

Consider wearing pants with an elastic waistband while you heal.

- These will be easier to put on and pull up.

