

PRECAUTIONS: HIP & KNEE PATIENT

DON'T

- Cross your legs when lying, sitting or standing. This position may cause dislocation. Keep a pillow between your knees when sitting or lying down.
- Sit on low stools, low chairs, low toilets, or in low-seated cars: these allow excessive bending of your hip. You may decide to place an extra cushion or pillow on your favorite chair and a raised toilet seat will be ordered for you before you leave the hospital.
- Sit in armless chairs. Chair arms are needed to aid in rising to a standing position while following hip precautions.
- Sit in chairs with roller wheels
- Sit in bathtub. Use a shower stall, or use a bathtub seat for safety.
- Spend too long at any one activity.
- Try to carry anything in your hands while you are walking with your walker. Use a walker bag if necessary.
- Pick up any objects from the floor or reach into lower cupboards or drawers unless you use a reacher
- Forget to keep your house free of clutter or throw rugs in your walking paths. Walkers, crutches and canes require more room to maneuver than you may think.