Daily Living

When getting into bed:

1. Back up to the bed until you feel it on the back of your legs (you need to be midway between the foot and the head of the bed). Slide operated leg out in front of you when sitting down.
2. Reaching back with both hands, sit down on the edge of the bed and then scoot back toward the center of the mattress. (Silk pajama bottoms, satin sheets, or sitting on a plastic bag may make it easier.)
3. Move your walker out of the way but keep it within reach.
4. Scoot your hips around so that you are facing the foot of the bed.
5. Lift your leg into the bed while scooting around (if this is your operated leg, you may use a cane, a rolled bed sheet, a belt, or your theraband to assist with lifting that leg into bed).
6. Keep scooting and lift your other leg into the bed.
7. Scoot your hips towards the center of the bed.

When getting out of bed:

1. Scoot your hips to the edge of the bed.
2. Sit up while lowering your un-operated leg to the floor.
3. If necessary, use a leg-lifter to lower your operated leg to the floor.

Transfer – Into Bed

Transfer – Out of Bed

4. Scoot to the edge of the bed.
5. Use both hands to push off bed. If the bed is too low, place one hand in the center of the walker while pushing up off the bed with the other.
6. Balance yourself before grabbing for the walker.

Getting into the tub using a bath seat:

1. Place the bath seat in the tub facing the faucets.
2. Back up to the tub until you can feel it on the back of your knees. Be sure you are in front of the tub bench.
3. Reach back with one hand for the bath seat. Keep the other hand in the center of the walker.
4. Slowly lower yourself onto the bath seat, keeping the operated leg out straight.
5. Move the walker out of the way, but keep it within reach.
6. Lift your legs over the edge of the tub, using a leg lifter for the operated leg, if necessary.

NOTE: While using a bath seat, grab bars, long-handled bath brushes and hand-held showers makes bathing easier and safer, they are typically not covered by insurance.

NOTE: ALWAYS use a rubber mat or non-skid adhesive on the bottom of the tub or shower.

NOTE: To keep soap within easy reach, make a soap-on-a-rope by placing a bar of soap in the toe of an old pair of pantihose and attach it to the bath seat.

NOTE: Place a towel, washcloth or garbage bag on the seat to make turning hips easier when getting in and out of the tub.

Getting out of the tub using a bath seat:

1. Lift your legs over the outside of the tub.
2. Scoot to the edge of the bath seat.
3. Push up with one hand on the back of the bath seat while holding on to the center of the walker with the other hand.
4. Balance yourself before grabbing the walker.

Transfer – Car

1. Push the car seat all the way back; recline it if possible, but return it to the upright position for traveling.
2. Place a plastic trash bag on the seat of the car to help you slide and turn frontward.
3. Back up to the car until you feel it touch the back of your legs.
4. Reach back for the car seat and lower yourself down. Keep your operated leg straight out in front of you and duck your head so that you don't hit it on the doorframe.
5. Turn frontward, leaning back as you lift the operated leg into the car.

Walker Ambulation

1. Your goal is to walk as normally as possible.
2. If your doctor has ordered Full Weight Bearing (FWB) or Weight Bearing as Tolerated (WBAT), you should use a rolling walker. You do not need to stop between steps. You may feel more comfortable taking smaller steps initially but work towards increasing your step length and speed of walking as you recover. You should step one foot past the other to regain normal walking pattern. Step forward with the non-operated leg.
3. If your doctor has ordered Partial Weight Bearing (PWB), you need to push down into the walker whenever you take a step with your non-operative leg.
4. Your goal is to step forward, touch your heel first, transfer your weight to the toe for push off, This is called heel-toe gait and is the natural way to walk.

Stair Climbing

Ascend with non-operated leg first. **Descend** with operated leg first.

Sequence for going up stairs

1. Step up with non-operated leg first.
2. Step up with operated leg next.
3. Bring cane or crutch up last.

Sequence for going down stairs

1. Bring cane or crutch down to next step first.
2. Bring operated leg down next.
3. Bring non-operated leg down last.

Using a "Reacher" or "Dressing Stick"

A reacher or dressing stick can help you remove your pants from your foot and off the floor.

Putting on pants and underwear

1. Sit down.
2. Put your operated leg in first and then your unoperated leg. Use a reacher or dressing stick to guide the waistband over your foot.
3. Pull your pants up over your knees, within easy reach.
4. Stand with the walker in front of you to pull your pants up the rest of the way.

Taking off pants and underwear

1. Back up to the chair or bed where you will be undressing.
2. Unfasten your pants and let them drop to the floor. Push your underwear down to your knees.
3. Lower yourself down, keeping your operated leg out straight.
4. Take your unoperated leg out first and then the operated leg.

Using a Sock Aid

1. Slide the sock onto the sock aid.
2. Hold the cord and drop the sock aid in front of your foot.
   It is easier to do this if your knee is bent.
3. Slip your foot into the sock aid.
4. Straighten your knee, point your toe and pull the sock on. Keep pulling until the sock aid pulls out.

Using a Long-handled Shoehorn

1. Use your reacher, dressing stick, or long-handled shoehorn to slide your shoe in front of your foot.
2. Place the shoehorn inside the shoe against the back of the heel. Have the curve of the shoehorn match the curve of your shoe.
3. Lean back, if necessary, as you lift your leg and place your toes in your shoe.
4. Step down into your shoe, sliding your heel down the shoehorn.

NOTE: Wear sturdy slip-on shoes, or shoes with Velcro closures or elastic shoelaces.
DO NOT wear high-heeled shoes or shoes without backs.