

MOBILITY GUIDELINES

GETTING IN BED

- Back up until you feel the bed against your legs.
- Keep your chest and head up, then reach back for bed surface.
- Scoot back on the bed until your knees feel supported.
- As you turn your body to get into bed, tighten your thigh muscles. You may need to use a leg lifter or someone to help lift your involved leg.

GETTING IN BED

- Using your hand or leg lifter to support your surgical leg, slowly shift your weight to bring your legs over the edge of the bed without letting your surgical leg turn inward or outward.
- Push up with your hands into a sitting position as you gently lower your surgical leg onto the floor, making sure to keep your leg extended forward.
- Using your bed for support, press up with both hands to push yourself off the bed into a standing position.
- Make sure you do not pull up on your walker.

GETTING IN AND OUT OF THE TUB

It is a good idea to have handrails or grab bars to help with your balance and support. Have someone nearby the first few times you use the tub or shower to provide balance assistance if needed. If you have a tub/shower combination, it might be helpful to purchase a tub chair or a tub bench.