

Empower Minds.
Strengthen Bodies.
Inspire Creativity.

HIP SAFETY: GETTING INTO AND OUT OF BED

Your new hip needs extra care while it heals. Follow the “hip precautions” you have been instructed in and the tips on this sheet to help keep your new hip safe. **The steps below help you get into bed. Reverse them to get out of bed.**

1. Sit Down:

- Stand with your back to the bed. Back up until the back of your non-operated knee touches the bed.
- Keep the foot of your operated leg forward.
- Reach back for the bed with both hands. Don't twist.
- Lower your buttocks onto the bed.

2. Support Yourself:

- Put both your hands on the bed behind your for support.
- Lean backward onto the bed.

3. Lie Down:

- Swing one leg, then the other, from the floor onto the bed. As you do, use your elbows and hands to lower your upper body onto the bed. Move your body as a unit – don't twist.
- Position yourself comfortably.
- Do Not reach to the end of the bed to pull the blankets up. Use a reacher.
- Keep a walker within reach of your bed.

