

Advice on completing everyday activities post hip fracture

How can I manage everyday activities?

Your physiotherapist and occupational therapist will go through the following techniques and methods to manage your daily activities, but here are some guidelines:

Getting dressed:

Sitting on a chair with arms on the edge of the bed use the following techniques.

- For underwear/trousers ensure to dress the operated (sore) leg first. You can use your helping hand/grabber to bring the underwear /trousers over the foot and up onto the knee.
- Then lift your non-operated leg through the other leg hole and pull up to your knees.
- When steady and safe, stand to lift your underwear /trousers fully up.

When undressing, take the non-operated leg out first, and always the operated (sore leg) last.

Getting into bed

Standing with the back of your legs touching the bed, roughly 1/3 of the way down the bed from the headboard, slowly slide your operated leg out in front of you and reach down with your hands to lower yourself onto the bed.

Using your arms, shuffle backwards onto the bed, and lift your legs into bed one at a time.

Getting out of bed

Move your operated leg towards the edge of the bed either with your hands or pushing it with your non-operated leg until both legs are off the side of the bed. Then push yourself up with your arms.

This can be a challenging task after surgery. You may find it helpful to use a dressing gown tie or scarf hooked underneath your foot to help lift your sore leg.

Sleeping

After a hip fracture people can find sleeping uncomfortable. Some top tips are to lie on your non-operated side and place a pillow between your legs to prevent your operated leg from dropping down. If lying on your back is comfortable you can always put a pillow between your legs in case you roll over.

Sitting on bed or chair

Step backwards until you feel the chair on the back of your leg. Place your hands onto the arm rests. Keep your operated leg out in front of you and gently lower yourself into the chair. If appropriate your occupational therapist will advise you on furniture heights for your home.

Standing from a bed or chair

Push up from the arms of the chair, initially using your un-operated leg to take most of the weight, then push up to stand.

Hip precautions

The only hip surgery with precautions are if you have had a **total hip replacement** (please see above for outline) or if you have had a dislocation of your hip.

The precautions are:

- NOT hip flex above 90 degrees (bring your knee towards your chest)
- NOT externally rotating your hip
- NOT twisting on your hip

What this means for normal activities:

- Ensure to not sit in really low seats as this will bend your hip above 90 degrees.
 - o Your occupational therapist will discuss seat/toilet/car seat heights if appropriate
- Do not sit cross legged, do not bring your foot towards you to put on a shoe or sock
 - o Put your sock or shoe on with long handled aids
 - o Ask a family member to help you
 - o Your occupational therapist will talk you through this
- Do not reach behind you/across yourself to grab objects as this will be twisting on your hip
 - o Ensure to move in a straight line, walk up to the object you want to grab

Driving and getting in and out of a car

- No driving for 6 weeks or until you are **safely** able to perform an emergency stop
- Under most circumstances you do not have to inform the DVLA however, it is advisable you inform your insurance company
- To get in/out of car it is assist to use front passenger seat.
- Ensure seat is pushed back as far as possible and angled so that it is partially reclined.
- Wind down the window and use the door and door-frame to lower yourself down onto the seat
- Lift a leg in one at a time
- Don't get into a car off a curb
- If going on a long journey – stop regularly and walk around to prevent stiffness.

Stairs

[How to climb a flight of stairs video.](#)

Stairs Technique

Going UP stairs

Step up with your non-operated leg first, then step up with your operated leg. Always go one step at a time.



Going DOWN stairs

Put your stick on the step below, and then step down with your operated leg followed by your non-operated leg. Always go one step at a time.

