



# Consultant Orthopaedic & Sports Surgeon

## Getting out of Bed after Hip Replacement Surgery

It is easier to get in and out of bed on the same side as your operated leg.

- Slide yourself to the side of the bed you will be getting out on by using a combination of your arm strength and non-operated leg. Bending your non-operated leg and pushing on your heel will help you move over in the bed. As you are shifting, keep your legs apart and your kneecaps pointing to the ceiling.
- Slowly move your legs over the edge of the bed, gradually coming into a seated position with your arms providing support behind you.



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Place your operated leg out in front of you



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As you stand, place one hand on your walker/crutch/ cane and push up from the bed with your other hand.



Make sure to keep your body up right and do not lean forward at the waist. Continue to focus on being upright once you are standing.



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## Getting into Bed after Hip Replacement Surgery

- Before you sit down, if you have an adjustable bed, recline the head of the bed until it is flat.
- Back up towards the bed until you feel the back of your knees touching the bed. Make sure you sit in the centre of the bed.
- Place your operated leg out in front of you.



As you sit, place one hand on your walker cane/crutch and the other on the bed.



Once seated, place your hands behind you. Pushing with your non-operated leg and using your arm strength, move yourself backwards across the bed until most of your operated leg is on the bed.

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