

# Returning to Office Work After a Hip or Knee Replacement

## Timeline:

A variety of factors can influence how quickly you return to work and how many hours you are able to work for in one day. Some people are able to return to work **6-8 weeks** following joint replacement surgery, whereas others may return sooner or require a gradual return to work. Please discuss your situation with a health care professional, such as an occupational therapist, when making plans to return to work.

## Work Environment Adaptations:

- **Chair:** Choose a standard chair for sitting. Avoid chairs with wheels as they can move quickly when you are getting up. Use your high-density foam cushion to increase the seat height if necessary.
- **Desk:** Ensure your phone, paperwork, computer are positioned close to you. If you have had a hip replacement, you will NOT be able to bend forward to reach these items without breaking hip precautions.
- **Keyboard Tray:** If your desk is too low once you have raised your chair, use a height adjustable keyboard tray so that you can still use good ergonomics when typing at your desk
- **Schedule:** Plan your workday with lots of stretch breaks and tasks that will require you to get up and move around. You should not be sitting for more than 45 minutes at one time.
- **Bathroom:** Check the office toilet height and location of grab bars

\* *If possible, review your workstation before surgery so that you can make the necessary adjustments before you return to work \**

