

HIP & KNEE SURGERY

EQUIPMENT LIST

You will need the following equipment for joint replacement surgery. Make sure the equipment is installed and you have practiced using it BEFORE coming to the hospital for surgery.

Walking aids:

- 2-wheeled walker
- Crutches

Sitting:

- High density (firm) foam cushion *
- Chair with arm rests

Bathroom equipment:

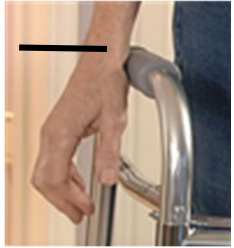

- Raised toilet seat **
(with armrests, unless you have grab bars or support surfaces to push up from) OR standard commode chair
- Shower chair *** (if you have a walk-in shower) OR
- Tub transfer bench *** (if you have a bathtub)
- Non-slip bathmat

Dressing equipment - this equipment is required for hip surgery and recommended for knee surgery:

- Long-handled shoehorn
- Long-handled reacher
- Sock aid
- Elastic shoe laces (OR supportive slip-on shoes)

This equipment is recommended for after knee surgery only:

- Ice machine or ice packs (+ tensor bandage)

<p>Walker Height: Stand straight with your arms relaxed at your sides. Have someone measure from the floor to the crease in your wrist.</p>	
<p>Seat height: Everything you sit on needs to be 2" above knee height. Measure from the middle of your knee to 2" above your knee to see how high your seats should be.</p>	 <p>★ Correct height for all seating</p>
<p>* High density foam cushion: Choose height based on measurement (2", 4", 6", etc). Must have for hip surgery; recommended for knee surgery</p> <p>** Raised toilet seat: Measure from the <i>top of the toilet bowl</i>. Choose the toilet seat height based on measurement (2", 4", 6"). If you need more than 6", get a standard commode.</p> <p>*** Adjust the height of your shower chair or tub transfer bench to 2" above the knee</p>	