

Hip Replacement Surgery

Weight Bearing Precautions

Non-weightbearing	0% of body weight
Toe-touching weight-bearing	Up to 20% of body weight
Partial weight-bearing	20-50% of body weight
Weight-bearing as tolerated	AS TOLERATED
Full weight-bearing	100% of body weight

Anterior Hip Precautions

Hip Extension	No
External Rotation	No
Crossing Legs	No
Stepping backward with surgical leg	No
Sleeping Position	Side lying on surgical side

Posterior Hip Precautions

Hip Flexion	No
Crossing legs	No
Twisting hip or toes inward (IR)	No

Adaptive Equipment

Reacher	ADLS
Long handled shoe horn	ADLS
Long handled sponge	ADLS
Dressing stick	ADLS
Sock aid	ADLS

Shoulder Surgery Precautions

General Precautions

Sling	4-6 weeks
Pushing up	No
Pendulum Exercises	Yes
Lifting objects	No heavier than a coffee cup
External Rotation	No ER beyond 30d in caption
Positioning	Pillow or towel roll behind the elbow to avoid shoulder hyper-extension

ADL Education

Mobility	No pushing up from chair, toilet, bed with affected arm for X amount of weeks
Hygiene	No reaching back during toileting until cleared
UB dressing	Don and doff with affected arm first
BADLS	use non-surgical arm until cleared

Spinal Surgery

Spinal Precautions

Bending Forward	Not past 90d
Lifting	Not over 5 to 10lbs
Trunk Twisting	No
Log Rolling Method	Turning body in a straight alignment

Knee Replacement Surgery

Total Knee Replacement

Assistive Devices	FWW/ rolling walker
Ambulation	Lead with walker, then surgical leg, then non-surgical leg, keep walker close
Positioning	keep surgical leg elevated and extended with towel roll under the heel when sitting or laying down
Twisting	Avoid
Surfaces to avoid	Low chairs, low toilets, etc
LB Dressing	follow precautions, can use AE to help don/doff socks, shoes, and pants

