

Hip Replacement Surgery		Shoulder Surgery Precautions		Knee Replacement Surgery	
<b>Weight Bearing Precautions</b>		<b>General Precautions</b>		<b>Total Knee Replacement</b>	
Non-weightbearing	0% of body weight	Sling	4-6 weeks	Assistive Devices	FWW/ rolling walker
Toe-touching weight-bearing	Up to 20% of body weight	Pushing up	No	Ambulation	Lead with walker, then surgical leg, then non-surgical leg, keep walker close
Partial weight-bearing	20-50% of body weight	Pendulum Exercises	Yes	Positioning	keep surgical leg elevated and extended with towel roll under the heel when sitting or laying down
Weight-bearing as tolerated	AS TOLERATED	Lifting objects	No heavier than a coffee cup	Twisting	Avoid
Full weight-bearing	100% of body weight	External Rotation	No ER beyond 30d in caption	Surfaces to avoid	Low chairs, low toilets, etc
<b>Anterior Hip Precautions</b>		Positioning	Pillow or towel roll behind the elbow to avoid shoulder hyper-extension	LB Dressing	follow precautions, can use AE to help don/doff socks, shoes, and pants
Hip Extension	No	<b>ADL Education</b>			
External Rotation	No	Mobility	No pushing up from chair, toilet, bed with affected arm for X amount of weeks		
Crossing Legs	No	Hygiene	No reaching back during toileting until cleared		
Stepping backward with surgical leg	No	UB dressing	Don and doff with affected arm first		
Sleeping Position	Side lying on surgical side	BADLS	use non-surgical arm until cleared		
<b>Posterior Hip Precautions</b>		<b>Spinal Surgery</b>			
Hip Flexion	No	<b>Spinal Precautions</b>			
Crossing legs	No	Bending Forward	Not past 90d		
Twisting hip or toes inward (IR)	No	Lifting	Not over 5 to 10lbs		
<b>Adaptive Equipment</b>		Trunk Twisting	No		
Reacher	ADLS	Log Rolling Method	Turning body in a straight alignment		
Long handled shoe horn	ADLS				
Long handled sponge	ADLS				
Dressing stick	ADLS				
Sock aid	ADLS				

