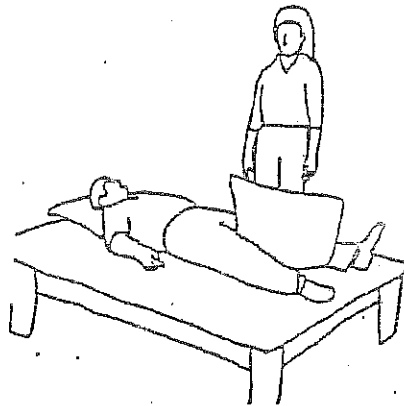


Rehab  
Corner

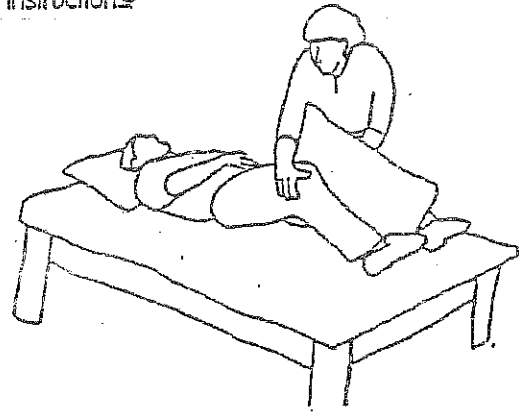


## 90 DEGREE HIP PRECAUTIONS Lying to Sitting

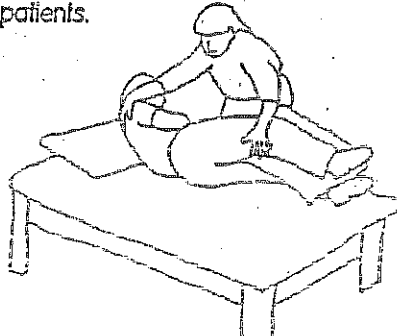
Be aware that some orthopedic surgeons allow the patient to lie on the operative side, and some do not. Make sure that you are fully aware of the surgeon's instructions.



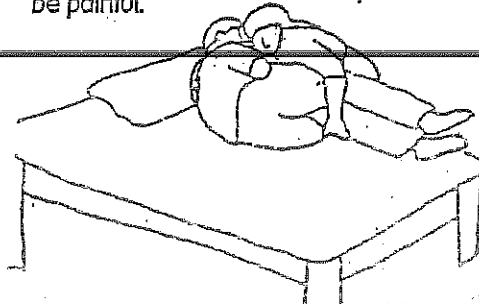
1. Before assisting the patient in rolling to the side, make sure to insert a pillow or bath blanket between the legs to prevent the hip from adducting past midline. Placing the adductor pillow in it's widest position is discouraged as it is too uncomfortable for most patients.



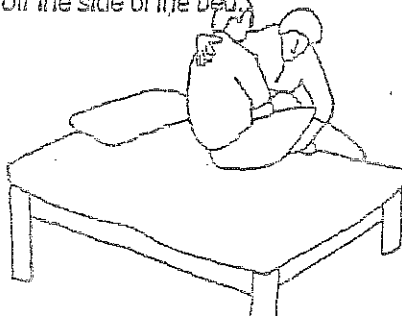
2. Move slowly - remember that hip repair can be painful.



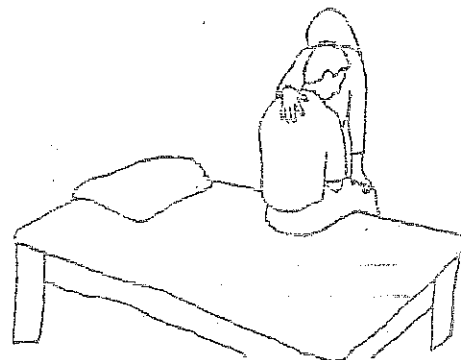
3. If the patient cannot or is not allowed to lie on his/her side, assist the patient into a semi-reclined position at the side of the bed. Patient can move to the side of the bed either with the help of a trapeze or by scooting his/her bottom until his/her legs are off the side of the bed.



4. Place one hand around the patient's back and the other behind the patient's knees and roll the patient into a sitting position.



5. Once sitting, encourage the patient to help maintain good sitting balance. Check position of feet before standing. Move slowly enough to allow the patient to participate. Explain what you want the



## TOTAL HIP PRECAUTIONS

DO NOT BEND AT THE WAIST  
GREATER THAN 90

DO NOT LIFT YOUR AFFECTED LEG UP  
WHEN SITTING

DO NOT CROSS YOUR LEGS

DO NOT POINT YOUR TOES IN

---

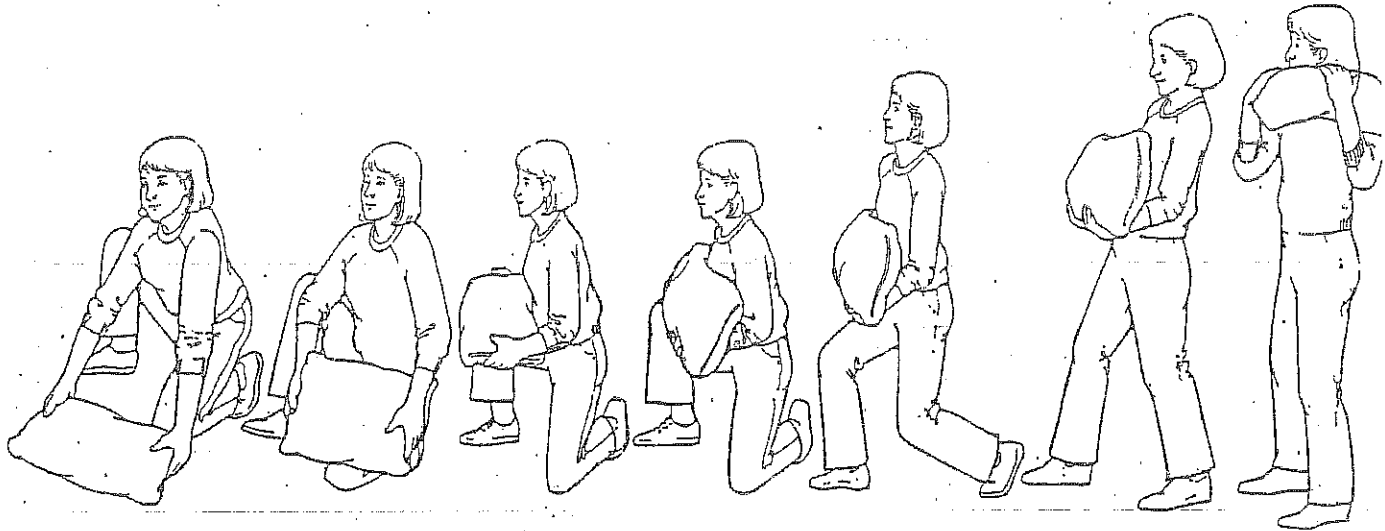
DO NOT TWIST AT THE WAIST WHEN STAND-  
ING, TAKE STEPS WHEN TURNING AROUND

USE YOUR DRESSING AIDS TO PUT ON  
PANTS, SHOES AND SOCKS

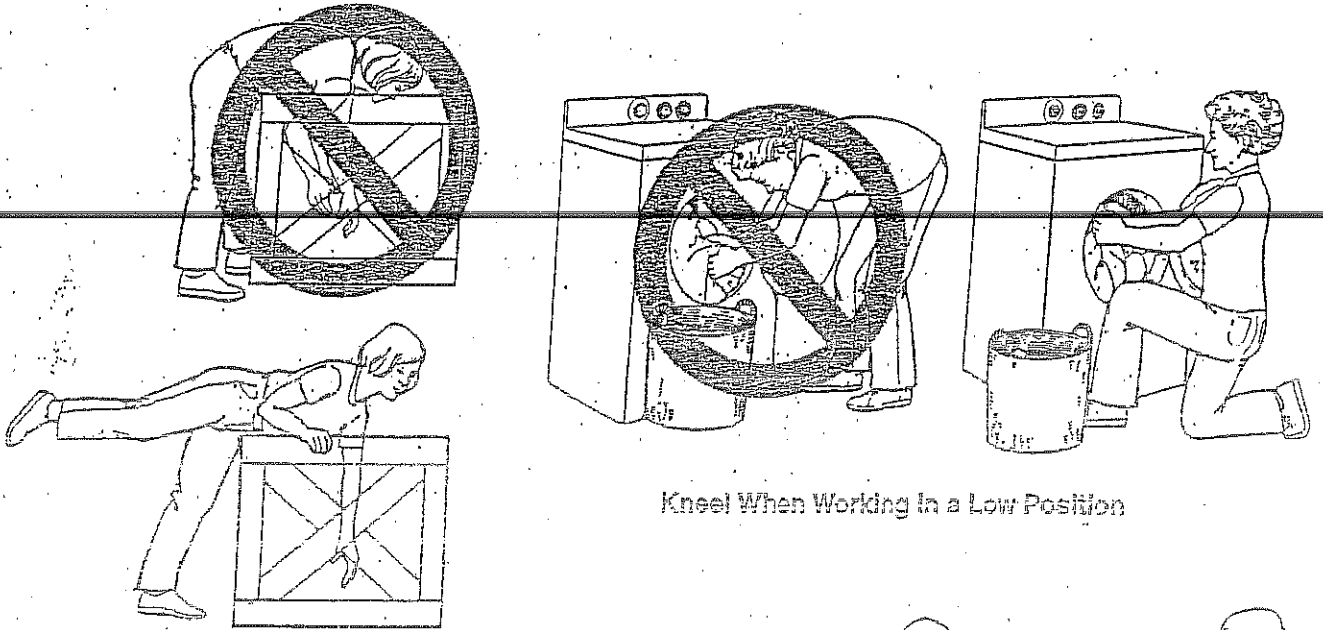
EXTEND AFFECTED LEG OUT IN FRONT OF  
YOU WHEN SITTING DOWN ON SURFACES

DO NOT SIT IN LOW CHAIRS

Back Care

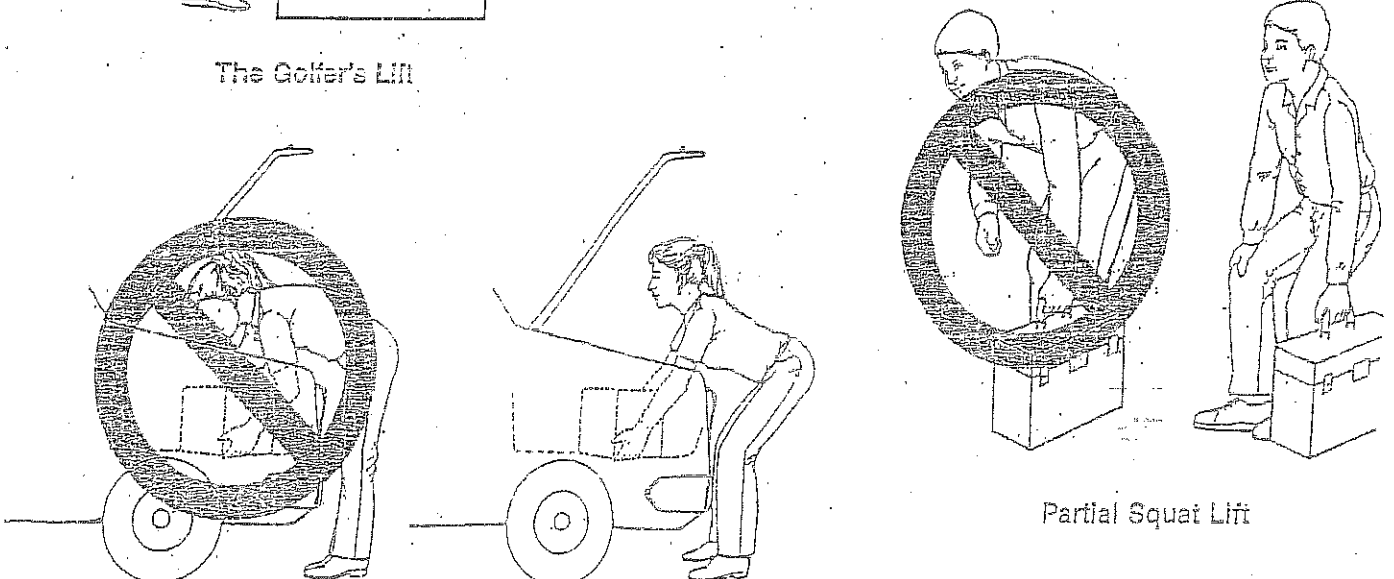


The Tripod Lift

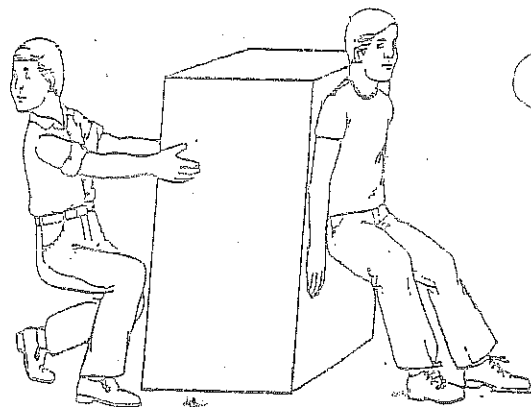


Kneel When Working in a Low Position

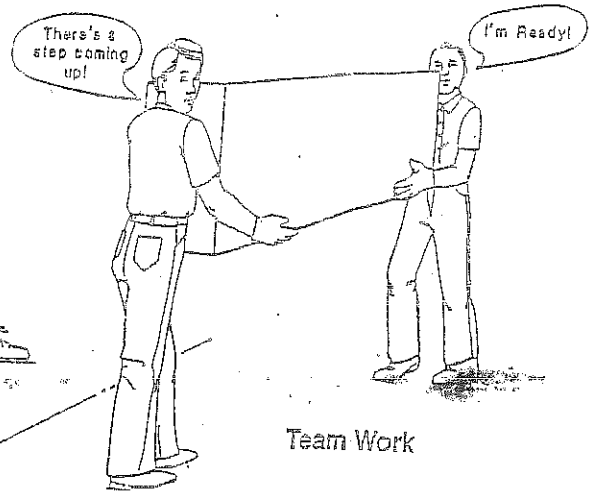
The Gopher's Lift



Partial Squat Lift



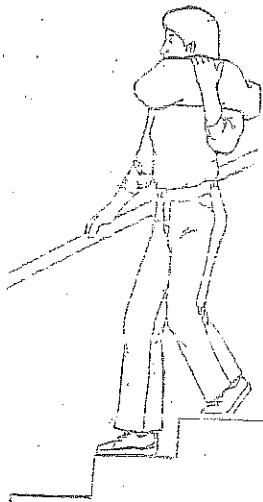
Push or Pull Rather Than Lift  
Pushing Is Best



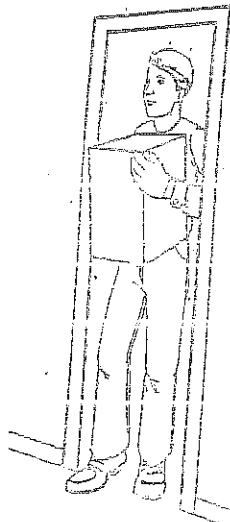
Team Work

### Team Work For Heavy Loads

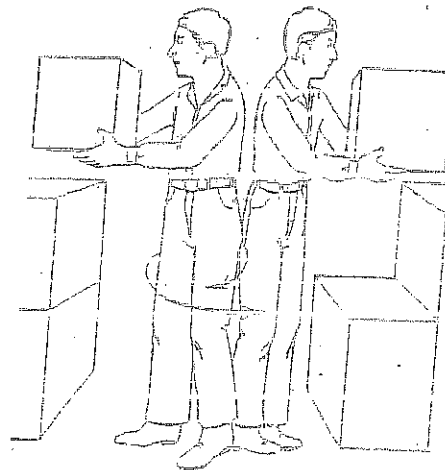
- Size up the load. Get help if it is too heavy.
- When two or more carry a load, one person should act as the leader. Be sure you can see where you are going.
- You can push twice as much as you can pull.



Support the load  
on your shoulder  
when carrying  
for long distances.



Allow For Clearance



Pivot, Don't Twist

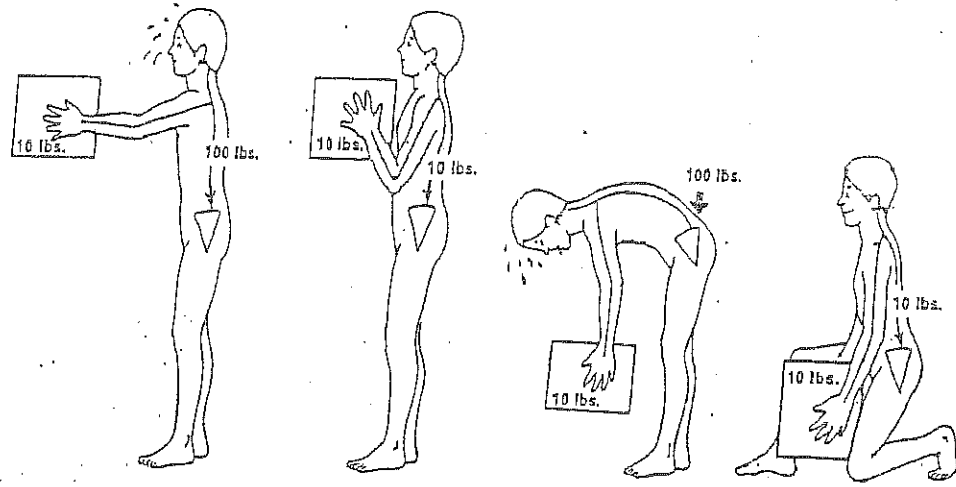
### Other Important Tips

- Carry most of the load to the front.
- Pivot with your feet – don't twist!
- Allow for clearance.

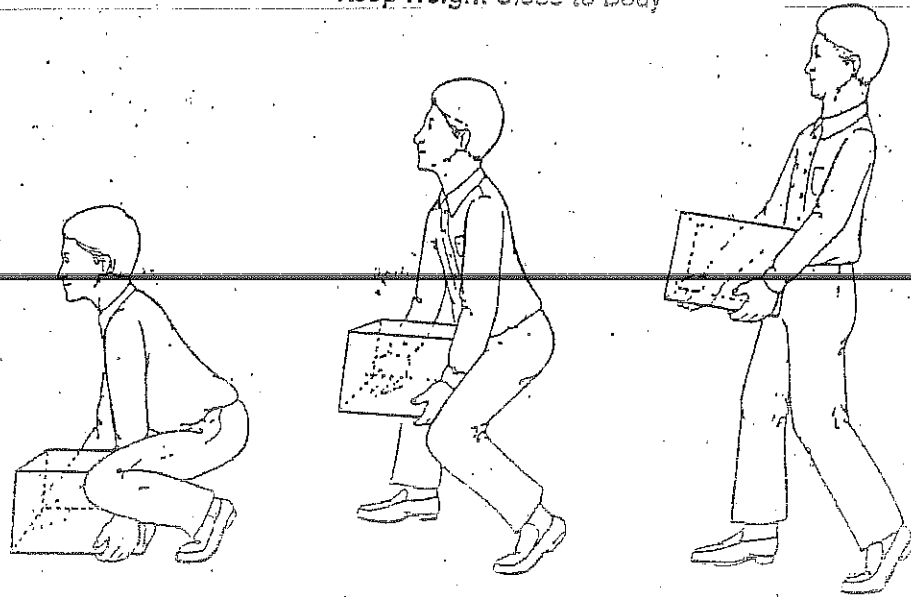
### DON'T:

- Twist while lifting.
- Bend your back forward while lifting.
- Carry objects in a bent-over, stooped posture.

# Back Care

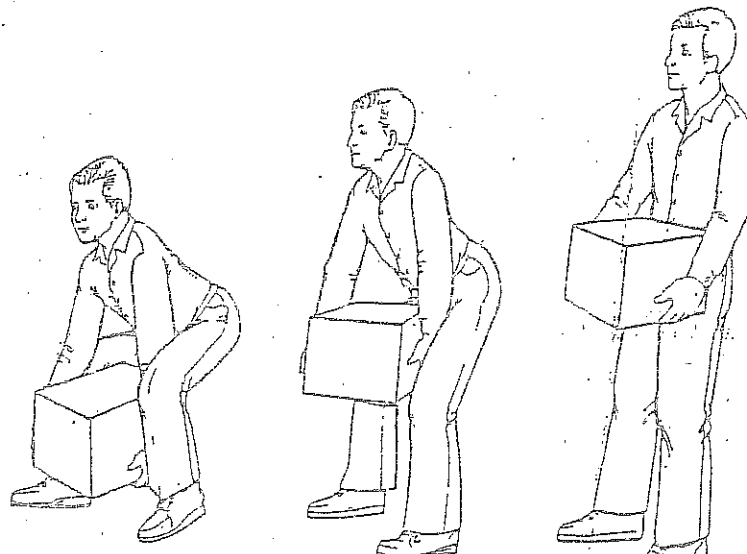


Keep Weight Close to Body



The Diagonal Lift

Squat, Head Up, Back Arched, Feet Spread One Foot Ahead As You Lift.

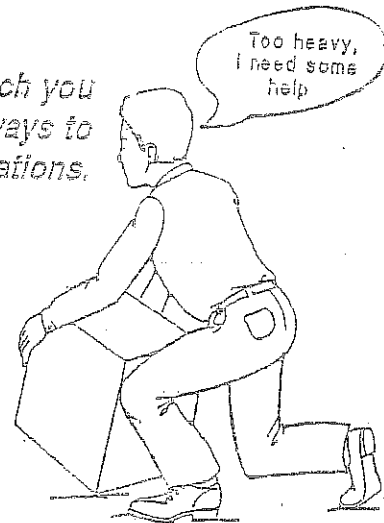


## Body Mechanics

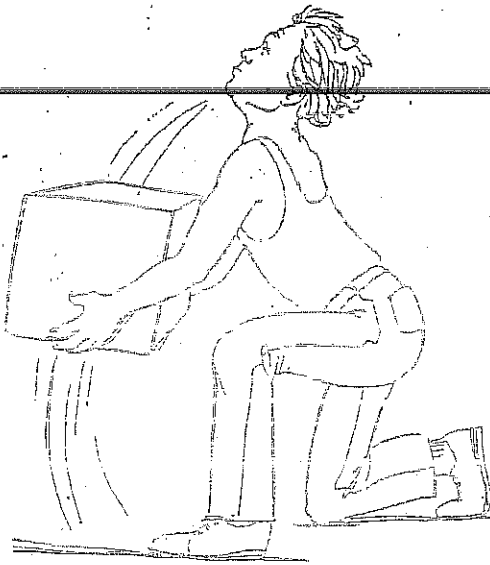
*Lifting, carrying and reaching – it's not how much you lift or carry, but how you do it. Here are some ways to use your body in the correct manner in work situations.*

### General Lifting Rules:

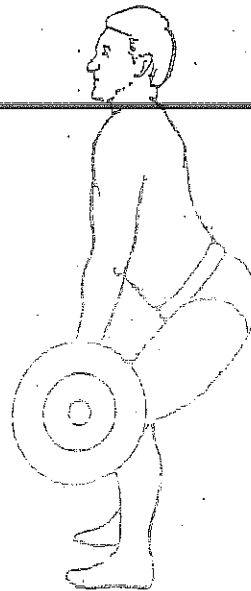
- Keep head high, chin tucked in and back in "power" position.
- Do as professional weight lifters do – keep back arched when lifting.
- Keep weight close to body and stand up straight.
- Use proper lift technique to get weight in close and maintain a wide, balanced base of support.



Plan Ahead  
Test The Load Before Lifting



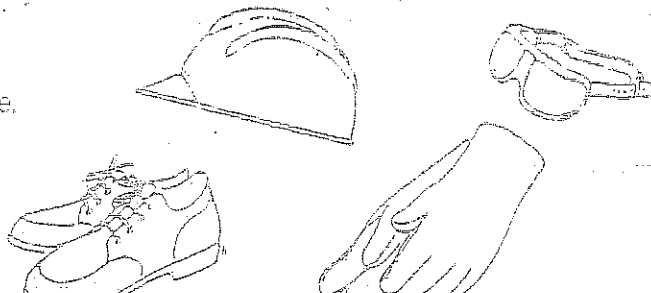
Don't Jerk As You Lift



Keep Back in "Power" Position When Lifting  
Keep Head and Shoulders Up

### General Rules While Working:

- Clear your path.
- Keep feet apart for good balance.
- Wear comfortable, cushioned, non-slip shoes.
- Protect yourself.



Name: \_\_\_\_\_

Title: \_\_\_\_\_

Department: \_\_\_\_\_

Date: \_\_\_\_\_

Mountain View Regional Medical Center

Body Mechanics Initial Orientation Checklist (General Orientation)

Patient Transfers/ Positioning/ Body Mechanics	Procedure/Skill read: Reviewed and Validated by _____ _____ _____ _____ _____
Lifting/ transfer technique and precautions as appropriate to patient ability/condition	X
Procedure as relates to coaching patient prior to transfer and encouraging patient participation, as appropriate to patient ability/condition	X
Appropriate safety precautions before, during and after transfer (i.e.; appropriate equipment, aids, locking mechanisms, adequate number of assisting staff, lowers bed after procedure, leaves side rails up, bed alarms), and their rationale	X
Proper body mechanics when executing each transfer, explains rationale	X
Proper safe technique (s) of:	X
Assisting patient with bed mobility	X
Application and use if gait belt	X
Stand/Pivot transfer	X
Assisting with ambulation	X
Multiple person assist- transfer from gurney, chair, floor	X
Repositioning in bed / total lift with draw sheet	X
Assisting to floor/ fall intervention	X

\_\_\_\_\_  
Evaluator Signature

\_\_\_\_\_  
Title

\_\_\_\_\_  
Date