

Tub Transfer Using Transfer Bench and Leg Lifter

You may find everyday tasks, such as using the bathtub, to be a little harder after surgery. By planning ahead and being prepared, you may find these tasks better. The following may be helpful.

Using the tub transfer bench

1. Place rubber bath mat outside the tub and non-slip mat inside the tub to prevent falls.
2. **Do not** use the towel bars for balance or to push/pull.
3. Back up toward the tub until you feel the tub transfer bench with the back of your legs.
4. Extend surgical leg out in front of you. Reach for the back of the tub transfer bench.
5. Carefully sit down on the tub transfer bench.
6. Loop leg lifter around foot of surgical leg.

7. Lift leg over the side of the tub while slightly leaning back.

8. Lift non-surgical leg over the side of the tub and turn to face the faucets (**do not** bend your hips past 90 degrees if one was replaced).
9. Stand to turn on faucets to avoid reaching forward and bending at the waist.

