Bed Transfer with Hip Precautions

Lying down

1. Sit at edge of bed. Extend surgical leg out in front of you.

2. Support your upper body with your arms. Slightly lean back and lift your surgical leg onto the bed without bending forward past 90 degrees.

3. Lift your non-surgical leg onto the bed.

4. Using your elbows and forearms, lean back and slowly lower upper body down onto the bed.
Sitting up

1. Prop yourself up on your forearms and move upper body forward without bending past 90 degrees.

2. Swing your non-surgical leg off of the bed.

3. Swing your surgical leg off of the bed. Allow your knee to relax. Do not hold it out stiff. Remember your hip precautions: **Do not** bring your surgical leg across the midline of your body, and keep your surgical leg in line with your hip.