

## Tub Transfer with Hip Precautions

*You may find everyday tasks, such as using the bathtub, may be difficult and will require some thought and preparation following your surgery. By planning ahead and being prepared, you may find these tasks more manageable. The following suggestions and tips may be helpful.*

### Using the tub transfer bench

Place **rubber bath mat** outside the tub and **non-slip mat** inside the tub to prevent falls. Attach **grab bars** to the side of the tub to help with balance. **DO NOT** use towel bars. Back up toward the tub until you feel the bench with the back of your legs. Extend surgical leg out in front of you. Reach for the back of the shower bench. Carefully sit down on the bath seat. Lift legs one at a time over the side of the tub and turn to face the faucets. (**DO NOT** bend your hips past 90 degrees if one was replaced.) Stand to turn on faucets to avoid reaching forward and bending at the waist.

