Activities of Daily Living (ADL) after Hip Abductor Repair

Precautions

- No active **abduction** – do not move the operated leg outward/away from the body.
- No active **adduction** past midline – do not move the operated leg inward; keep your knees apart.
- Do **not** rest or sit with your legs crossed.

**Getting in and out of bed**

- Keep your operated leg straight with your knee cap and toes pointed toward the ceiling.
- You may use your other leg to help by hooking it underneath your operated leg.
- You may need to have a family member help you.
- When you are sleeping, keep the A-frame wedge or a pillow between your legs.

Continued
Bathing and dressing

- Keep your operated leg out in front of you and reach forward to start your underwear and pants over your feet.
- If you have difficulty reaching your feet, you may benefit from long-handled equipment, such as a shoehorn, sponge, reacher or sock aide.