

Total Hip Replacement Fitness Program - After Surgery Equipment Suggestions

In this video Alex and Mike offer equipment suggestions after total hip replacement surgery.

NOTE: Every patient will have different needs. Some will need certain equipment, while others will not.

Equipment Suggestions:

1. Reacher
2. Long handled Shoehorn
3. Elastic Shoelaces
4. Sock Aid
5. Long Handled Sponge
6. Shower seat/bench
7. Over toilet commode or toilet riser
8. Leg Lifter
9. Bob and Brad Knee Glide or Fit Glide
10. Extra pillows
11. Walker, cane, crutch (as ordered by surgeon)
12. ICE Packs