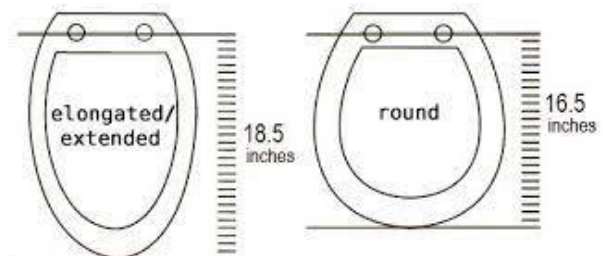


## Equipment Preparation

You will need equipment to help you move and function after joint replacement surgery. During your **pre-op hip and knee class**, you will learn what equipment you will need and where to get it.

To help us determine what equipment you require please answer these questions before attending your class. Have your answers ready so you can refer to them during the class.

1. Do you have a **WALK-IN SHOWER** or **BATHTUB** (*circle*)
2. If you have a bathtub, when you stand facing your bath tub, are the taps on your **RIGHT** or **LEFT** (*circle*)
3. When you stand beside your toilet is the toilet bowl 2" above your knee?  
**YES NO** (*circle*)
4. When you use your toilet, are you able to sit down and stand back up using the support of one leg comfortably? **YES NO** (*circle*)
5. Is your toilet seat **ROUND** or **ELONGATED** (*circle*)



After your surgery, you must have a walking aid (e.g. walker, crutches) and you may require other equipment depending on your home environment and/or the type of surgery you have.

# Equipment Checklist

After class, use this checklist to determine what equipment you need. Get your equipment one week before surgery and practice setting it up/using it.

## Mobility

- 2-wheeled walker
- Crutches

## Seating

- High-density (firm) foam cushion

## Dressing Aids

- Long-handled shoehorn
- Long-handled reacher
- Sock aid
- Elastic shoelaces

## Bathroom

- Shower chair (for walk-in shower) **OR**  Tub transfer bench (for bathtub)
- Raised toilet seat (with or without arms)  2"  4"  5"  6"  
**OR**  Standard commode chair
- Non-slip bathmat
- Installed grab bars if necessary

## Cold Therapy

- Ice machine or ice/gel packs for knee replacements