

Understanding Joint Replacement - How To's



Ascension

Tub Transfer with Bench

1. Back up to the tub transfer bench until the back of your legs touch the bench.

2. Reach back with one hand for the chair. One hand should remain on the walker.

3. Sit down on the bench.

4. Scoot your buttocks towards the middle of the bench, lifting your legs over the side of the tub turning into the tub.

5. To transfer out of the tub, lift legs over the side of the tub while scooting your buttocks towards the end of the bench.

6. Push off from the tub bench with one hand and the other grasping the walker.

Tub Transfer without Bench

1. Walk to wall with walker, move walker aside and place both hands flat onto wall.

2. With legs close together, bend one knee and step over tub. Repeat with other leg.

3. To exit shower, face wall with flat hands on wall and feet close together.

4. Step over tub by bending knee, one at a time. Recommend a grab bar for safety. Grasp walker outside of tub.

Shower Transfer with Open Door

1. Approach door with walker and grasp shower door handle to open shower door.
2. Walk to threshold of shower with walker and align properly.
3. Place walker over threshold of shower.

4. Step over with strong leg followed by weaker leg while holding on to walker for support.
5. Once over threshold, turn to face the facet while using the walker for safety.

Shower Transfer with Sliding Door

1. Approach bathroom wall with walker next to sliding door.

2. Place walker to the side, then place both hands on the wall for support, unless grab bar is available.

3. Step over shower threshold one leg at a time while moving hands along wall for support.

4. Turn to face facet to complete showering while using hands on wall to support self for safety.

How To

Adjust Walker Height

Follow these steps to ensure walker height is properly adjusted:

1. Stand inside walker frame, with arms outside of walker at the side. Adjust walker height to wrist height.



2. Check walker height by taking steps to ensure elbow is slightly bent (roughly 30 degrees). Adjust as needed.



- On day of discharge, please ensure the walker is in your vehicle to assist with transferring in and out of car when going home.
- If you are unsure if walker is adjusted correctly, please bring to your rehabilitation therapist in the hospital for proper adjustment.