

## Bathtub Transfers After a Hip Replacement

This brochure will help you learn how to safely get into and out of a bathtub after a hip replacement.

*If you have any questions, please ask your occupational therapist.*

A seated transfer is the best way to get in and out of the tub to take a standing shower. Use a transfer bench or bathtub seat so you do not put all of your weight on each leg when you step over the side of the tub.

You can buy a transfer bench or bathtub seat online or at your local pharmacy or medical supply store. Seats should be high enough so your knee is below your hip while sitting. This will help you follow your hip precautions (movements to avoid). The bench or seat should not have arm rests. You will only need the seat for a short time. You can use a sturdy outdoor or kitchen chair for seated transfers as long as the chair securely fits in the tub and is high enough that your knee is below your hip while sitting.

Safety is very important during seated transfers. To prevent the bench/seat from sliding in the tub, place it on a rubber bathmat. Ask someone to help you the first few times you get in and out of the tub. Follow these steps:

1. Place the seat in the tub. Be sure the seat is high enough. When you sit, your thighs and torso should not go beyond a 90-degree angle.
2. Stand facing away from the tub with the backs of your knees touching the side of the tub (Figure 1).

**Figure 1. Backs of knees touching the tub**



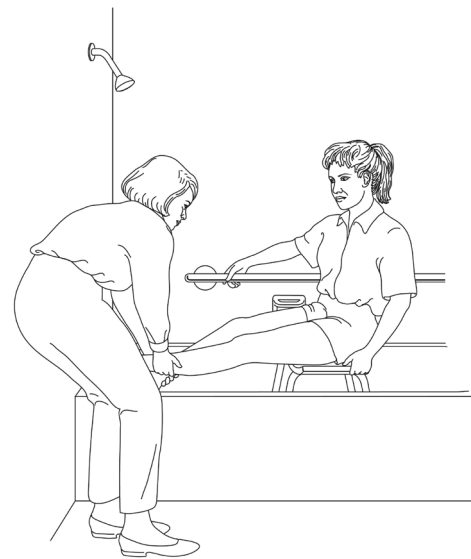
- Secure the seat either by reaching back with 1 hand or having someone hold it in place. Remember to slide the foot on your recovering side forward as you sit down on the seat (Figure 2).

**Figure 2. Sitting down**



- Once you are sitting securely on the seat, swivel your buttocks and bring your legs over the side of the tub, 1 at a time. If someone is helping you, have the person lift your legs into the tub 1 at a time while following your hip precautions (Figure 3).

**Figure 3. Lifting your legs**



- To get out of the tub, reverse the process using your walking aid(s) to rise up from the seat.