

Guidelines for the Use of Mechanical Lifts with Post-operative Hip Replacement Surgery

Mechanical lifts can be used safely with most post-operative hip replacement clients. Using the TLR assessment process will support a safe moving task.

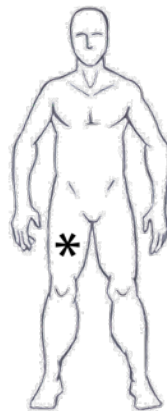
Where indicated, the asterisk (*) on the example indicates the affected side of the client.

General Principles Following Hip Replacement(s):

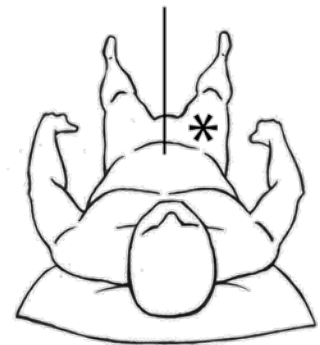
- Check the doctor's weight-bearing orders.
- Keep neutral positions as depicted in the following three examples.



Sitting - keep the operative hip in a neutral position



Standing - the knee and foot are lined up facing forward



Lying - keep the operative hip neutral; knee and foot are pointing up to the ceiling

Caregiver uses the TLR Checkpoints to Safe Body Mechanics.

The following examples depict positions that **MUST NOT** occur:



DO NOT flex hip past 90 degrees



DO NOT adduct the operative leg past the mid line



DO NOT let the legs cross at the knees or at the ankles

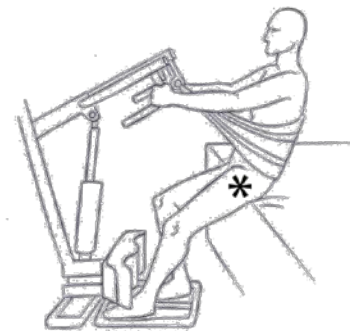
A dislocation of the hip should be suspected if:

- an enlarged bony mass can be felt on the side of the hip (compare to the non-operative side)
- the leg is resting in a rotated position and is painful to correct
- the operative leg appears shorter

ANY PROLONGED OR EXTREME PAIN SHOULD BE IDENTIFIED, DOCUMENTED AND ELIMINATED/MANAGED

Sit/stand Lift for Clients with Hip Replacement

- If there is a minimal weight bearing order or a non-weight bearing order, keep the client's operative leg forward and as straight as possible, with the foot to the front of the footplate. The client will take most or all of the weight on the non-operative leg.
- The destination (toilet seat, wheelchair) should be a raised, solid seat with armrests.
- Ensure that the client's hips and knees are not past 90 degrees when seated.



Full Lift for Clients with Total Hip Replacement

- Put a pillow lengthwise between the client's legs.
- When positioning the sling, first roll the client to the non-operative side. Appropriately position as much of the sling under as the client as possible.
- Then roll the client a quarter turn onto the operative side to finish repositioning the sling.
- Move the client in a slightly reclined position by keeping the shoulder straps on the longest loop.
- Keeping the legs in a neutral position usually means crossing the leg straps. Refer to the manufacturer's instructions.

