

# Occupational Therapy Toolkit

## Hip Fracture and Hip Replacement

### **Functional Limitations:**

ADL, IADL, work and leisure impairment  
Functional mobility impairment  
Limited hip range of motion  
Hip ROM and/or weight bearing restrictions  
LE edema  
Environmental barriers  
Falls risk  
Other symptoms and conditions - osteoarthritis, osteoporosis

### **Occupational Therapy Intervention:**

ADL, IADL, work and leisure training including but not limited to...  
Application of hip ROM precautions and/or weight bearing restrictions

Adaptive equipment training for toileting, bathing and LE dressing to compensate for restricted hip ROM (including anti-embolism stockings)  
Shower chair, grab bars, non slip mat, hand held shower, long bath sponge, raised toilet seat, bedside commode, leg lifter, reacher, sock aid, shoe horn, elastic shoe laces, dressing stick

Functional mobility training.

Application of hip ROM precautions and/or weight bearing restrictions with shower/tub and toilet transfers, bed mobility, general transfers

Train in proper transfer techniques and bed mobility skills as they relate to ADL and IADL tasks

Instruct in safe walker use and transporting items (walker bag or tray)

Provide UE therapeutic exercises to strengthen upper body for walker usage

Assess home safety and functional safety and provide environmental modifications and adaptations

Educate regarding falls risk and prevention strategies  
Recommend hip protectors

### **Patient Education:**

1. Total Hip Precautions
2. Upper Body Strengthening and Stretching Exercises (eliminate hip exercises)
3. Using Your Walker Safely
4. Falls Risks Assessment and Prevention Strategies
5. Home Safety and Functional Safety Assessment