

# Bathboard

## A guide for total hip joint replacement patients and their carers

Your occupational therapist is



9231 3850 and pager \_\_\_\_\_

Please follow these instructions to set up the bathboard.

Contact your Occupational Therapist if you have any questions.

A family member or friend will need to set up the bathboard for you. Your Occupational Therapist can show your carer how to do this.

### Setting up the bathboard

1. Make sure there is a lip of 4-5cm or more on both edges of the bath.
2. Place the bathboard across the bath so the board sits on both edges. Tighten the clamps underneath to secure.
3. Where possible, the bathboard should be placed under the stream of water and where it is easy to reach the taps.
4. Check with your Occupational Therapist that the height of the bathboard is appropriate for meeting your hip precautions.



## Getting in the bath

1. Ensure the bathboard is secure.
2. Back up to the bathboard until you can feel the back of your legs against the edge of the bath.
3. Reach for the bathboard with both hands.



4. Slide your operated leg forward and sit down on the bathboard.



5. Shuffle/move your bottom back on the bathboard while leaning back.
6. Turn (without twisting) and lift both legs into the bath while leaning back slightly.



## Getting out of the bath

1. Lean back slightly and turn (without twisting) on the bathboard. Lift both legs out of the bath.



2. Slide your operated leg out in front. Push up from bathboard using both hands. Do not bend too much at the hip.

