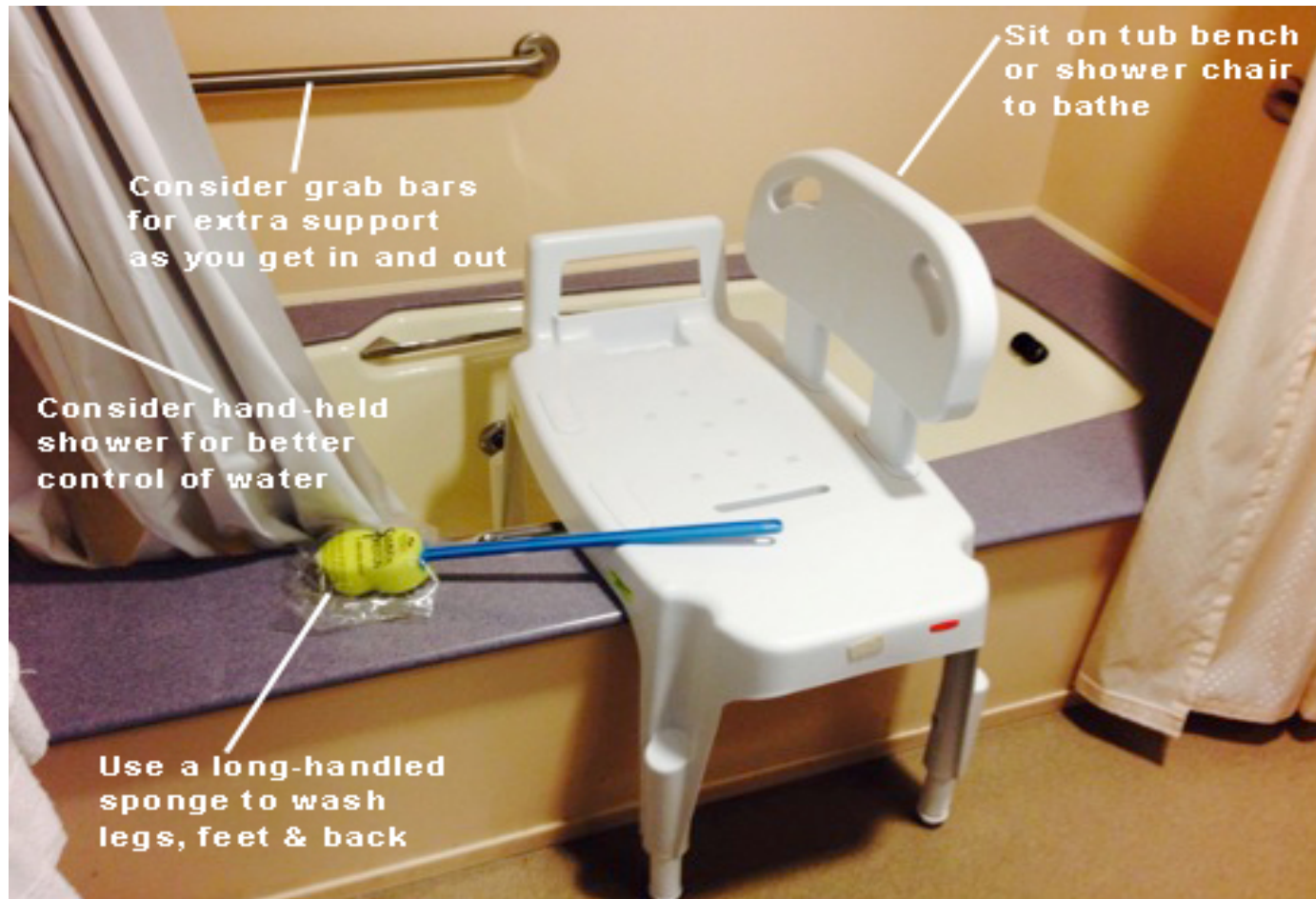


Posterior Hip Precautions Tub Transfer Bench

- A tub bench may help you get in and out of a bathtub more easily and safely.
- It is not usually covered by insurance but can be found at most discount and drug stores or online.



Posterior Hip Precautions Showering with tub transfer bench

**⚠ DO NOT bend over to turn faucet on
Dry off with towel BEFORE standing**



1. Using walker, back up to bench and feel bench behind both legs.
2. Reach one hand for seat and slowly lower to sitting with surgical leg straight out.
3. Scoot back so you are sitting as far back on bench as possible.
4. While leaning back, move legs into tub one at a time. Assist the surgical leg as needed.
5. Slide your body over to the center of the bench, with the backrest behind you.
6. **To get out:** Slide to the edge of bench. While leaning back, lift each leg over tub wall. While sitting on edge of bench, use walker and push with one hand from the seat to stand up.