

Information for Non weight bearing



Non Weight Bearing (NWB)

What is non weight bearing?

- **Hopping!**
- You **cannot** put your foot down for the time specified by your surgeon
- Allows very important time for non-interrupted healing after your surgery
- Usually lasts for at least 6 weeks
- You will need a walking aid to help you to hop around during this time.
- Mobilising NWB can make you feel tired

What will be on my leg?

- You will have plaster or a ‘Vaco boot’ on your leg following your surgery
- This boot will stay on your leg for the duration of your non weight bearing period. This boot can feel heavy and cumbersome to begin with.
- You will need to cover it in plastic when you shower to keep your wound and boot dry

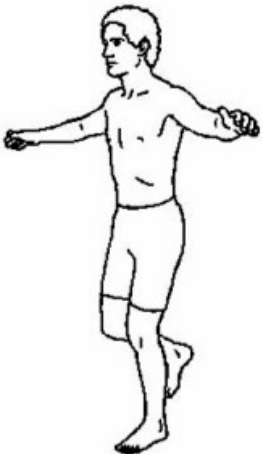


How to prepare your body for non-weight bearing

Before you come in to hospital for your surgery it is good to prepare your body for the surgery it is about to undergo.

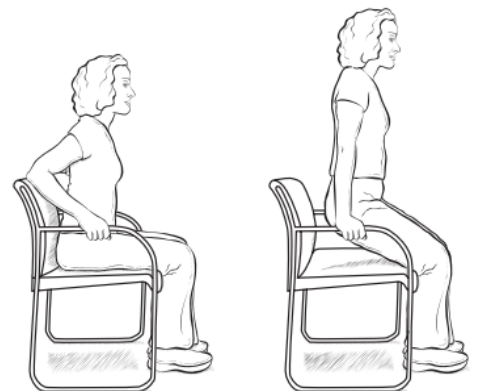
Some easy things to do are:

- Eat a healthy diet and drink plenty of water
- Try to improve your general fitness levels – do any physical activity you enjoy
- Do some strengthening exercises:
 - Seated “push-up” to strengthen your upper body (see diagram on right).
 - Practice balancing on your non-operative leg (see picture left). You may need to hold onto a support.
- If you have an opportunity to be trained by a physiotherapist in the correct use of crutches prior to your operation this would be very beneficial.
- You may find a hydro strengthening class would also be beneficial



www.physioprescription.com

<http://fitmw.com/exercises-you-can-do-sitting-down>



How to prepare your home for non-weight bearing

Before you come into hospital there are some things to consider at home.

Do you have steps or stairs to access your home?

If yes, try hopping up them before you come in. If this is not an option or you feel unsafe please contact our Occupational Therapist (OT) to discuss options for getting in and out safely while you are NWB. There are some different techniques you can use to get up/down the stairs that we can teach you. You may need to have a ramp and/or handrails installed

How do you get into your shower?

Do you think you could hop into your shower safely? (Considering the wet and slippery environment!) We can help you organize hire of a shower stool. We recommend a high quality non-slip bath mat.

Or, do you have a shower over the bath?

Your difficulties could easily be solved while you are non-weight bearing by simply using some appropriate equipment which the Occupational Therapist and Physiotherapist can prescribe to you while you are on the ward. Please let us know if you have a shower over the bath.

Do you have chairs in your house with arms?

Before you come into hospital try to practice getting up out of your chair using only one leg. Having solid arm rests makes a huge difference!

Toileting?

Your OT or PT can help to organise hire of special equipment to make getting on and off the toilet safe and easier. Patients commonly go home with an over toilet frame.

Men may like to consider buying a urine bottle to avoid trips to the toilet overnight and women may consider a bedside commode.

Occupational Therapy (OT)

The Occupational Therapist will contact you prior to your surgery to discuss your home and any difficulties you may have while you are non-weight bearing. If you **have not** heard from the OT, please feel free to call if you have concerns about your home environment. Ph. 6278 5586.

Some things you may not have considered



How will you carry a hot drink while using a mobility aid?

How will you get dressed?

How will you make yourself a meal?

How will you care for your pets and children?

Sometimes your own home is not the most appropriate place to recover. If you have a friend or family member with a more accessible or safer home you may want to consider staying with them until you feel safe to return home.

Planning for your care needs at home

- Try to arrange someone you trust to be at home with you while you are NWB. If this is not an option, try to plan ahead for the things you may need.
- Set your house up before you come in to hospital. Remove rugs, clear away any clutter, move any furniture that may get in your way, and put regular-use items within easy reach.
- Ask a friend or family member to help you with groceries and any driving, or speak to the staff on the ward about services you may be eligible for.
- If you live alone consider making as many frozen meals as you can **now!** This will take the load off when you are NWB. Or, arrange online delivered groceries or delivered meals such as “meals on wheels” or “mums meals”

Physiotherapy

You will be seen by a physiotherapist the day following your surgery, and continue being seen until you are safe to go home. The initial goals are to optimally manage pain and swelling, to teach you to move safely, to work with you to find the most appropriate equipment for you to go home with, and to teach you how to keep your body strong during your NWB period.

Mobility Equipment for non-weight bearing

Your physiotherapist will assess you on the ward following your surgery and work with you to determine the most appropriate walking aid for you. If you have a mobility aid or crutches at home we encourage you to bring them in with you. At the end of this booklet is a list of Equipment Suppliers who can provide you with hire/purchase of the necessary equipment you may need (**prices current as at September 2016**). You may consider organising this equipment prior to coming in to hospital.

Following your surgery

What to expect on the ward.

You will generally stay on the ward for 2-4 days. During this time you will see the physiotherapist to prepare yourself for managing at home.

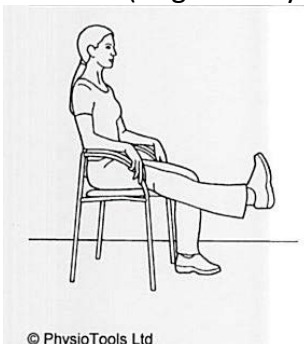
Before you return home it is expected that you will:

- Transfer independently- including safely get on/off your chair and in/out of bed
- Use the toilet independently (using rails or over toilet frame if required)
- Complete basic self-care, showering, dressing and grooming tasks
- Demonstrate safe mobility using an appropriate walking aid.
- Get up and down steps safely (if appropriate)

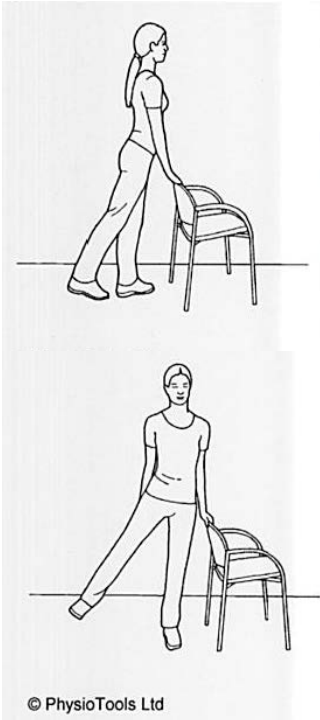
Sometimes services can be arranged to help you at home. Please discuss any concerns you have with your nurse.

Once you are at home

- Take it easy! Movies, books and magazines!
- Have plenty of rest with your foot up to reduce swelling. Ideally your foot should be higher than your heart.
- Practice these simple strengthening exercises to maintain strength in your NWB hip and knee (as guided by your ward physiotherapist):



1. Seated in a chair, straighten your knee (on your operated leg) fully and hold for 3 seconds. Repeat as many times as you are able (aim for 20 times or more)



2. Standing holding support, lift your operated leg straight backwards, keeping your upper body and pelvis still.

3. Standing holding support, lift your operated leg directly sideways, keeping your upper body and pelvis still.

Returning to driving

- The National Transport Commission (NTC) stipulates: **13.2.6 Post Surgery including joint replacement.** Patients should **generally** not drive for 6 weeks post major orthopedic surgery but discuss this with your Doctor
- It is recommended that you obtain written medical clearance from your surgeon prior to returning to driving.

Returning to weight bearing

It is vital to have your surgeon’s clearance to return to weight bearing, or walking on the operated leg. Remember, it is important for your healing that you do not put any pressure on it until you have clearance from your surgeon.

We recommend that you ease back into weight bearing gradually. You may need to continue with a walking aid for a transition period, as you feel comfortable. Start with small walks and build up gradually.

Follow up appointments

You will have a follow-up appointment with your surgeon, which will be organised for you before you leave hospital.

It is often a good idea to seek some follow-up physiotherapy privately after your NWB period is over, to regain range of motion, strength, and balance. You can discuss this further with your ward physiotherapist whilst in hospital.

<u>COMPANY DETAILS</u>	<u>HIRE</u>	<u>PURCHASE</u>
<p>Aidacare 62294733 18 Mertonvale Circuit Kingston Mon-Fri 8:30am-5pm http://www.aidacare.com.au</p>	<p>-Crutches and Over toilet frame = \$8/wk -Pick Up Frame = \$10/wk -Wheeler Walker = \$12/wk -Wheelchair = \$15/wk</p>	<p>See complete catalogue online http://www.aidacare.com.au/hr/products/completecatalogue</p>
<p>Better Life 62345144 83 Brisbane St Hobart Mon-Fri 9am-5pm Sat 9am-12pm</p>	<p>-Crutches, frames, raised toilet seats, shower stool = \$15 first week, \$10 each additional week -Wheelchair, shower commode = \$25 first week, \$15 each additional week</p>	<p>Elbow or Axillary Crutches = \$65</p>
<p>Capital Chemist 62860001 30-36 New Town Rd New Town Mon-Fri 8:30am-6pm Sat 8:30am-2pm</p>	<p>-Crutches and Pick Up Frame = \$6/wk -Over Toilet Frame = \$8/wk -Wheeler Walker = \$10/wk -Wheelchair = \$20/wk -Knee Walker = \$35/wk</p>	<p>Elbow or axillary crutches = \$65</p>
<p>Tas Mobility 62787790 52a Main Rd Moonah Mon-Fri 8:30am-5pm Sat 9am-4pm www.tasmobility.com.au</p>	<p>-Crutches, walking frames, over toilet frame, shower chairs = \$10/wk -Wheelchair, bedside commode, knee walker = \$20/wk</p>	<p>Elbow or Axillary Crutches = \$65</p>
<p>Walk on Wheels 62738300 53 Sunderland St Moonah Mon-Fri 8:30am -5pm</p>	<p>- Crutches = \$70 deposit, then \$5 taken off deposit for each week hired - Knee walker = \$25/wk</p>	<p>Elbow Crutches = \$70 normal, \$74 ergonomic Axillary Crutches = \$60 normal Pick Up Frame = \$115 Two Wheeled Pick Up Frame = \$150 Four wheeled walker = \$140 Knee Walker = \$395 Gutter Frame= \$295-\$395</p>

prices current as at September 2016

Approved by: Allied Health

Approved Date: August 2016

UNCONTROLLED WHEN PRINTED

Review Date: August 2019

Your Notes:

**Calvary Lenah Valley
Physiotherapy
and
Occupational Therapy
Ph. (03) 6278 5586**

