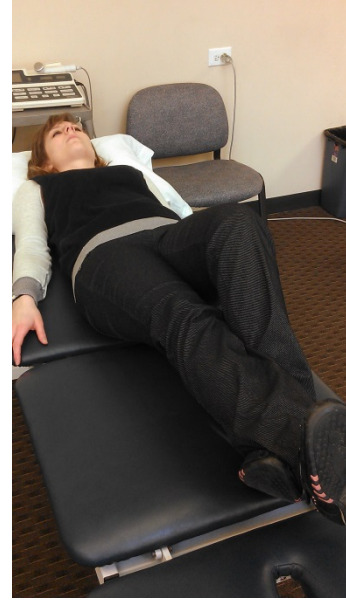


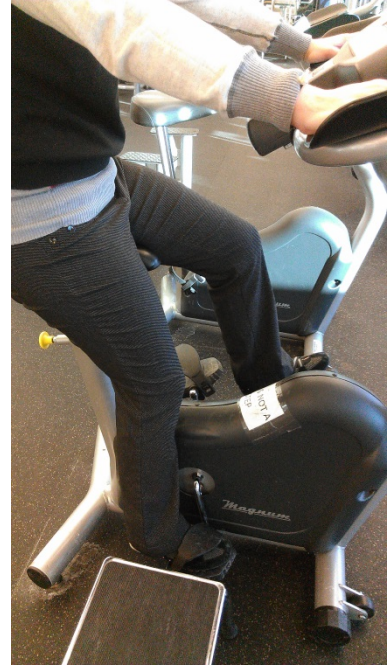
Transferring from sitting to lying with assistance from your other leg.



In the pictures above the right leg is the surgical leg. While sitting on the edge of your bed, with no weight on your feet, hook the left foot behind the calf/ankle of your right leg. Use the left leg to assist in raising the right leg up while you pivot your body to be in position to lie down. As you pivot you may use your arms to help lie yourself down. When your leg is supported by the bed you may take the left foot out from behind your leg.

(This may also be used when moving around in the bed to avoid over activating the hip musculature.)

How to get on/off a bike.



In these pictures the right leg is the surgical leg. First have a step placed near the bike to assist with getting on and off. It should be placed on the same side as you are having surgery (note that above it is on the right side of the bike). Approach the step, and using the same instructions as taught for going up stairs, put your good foot on the step first. Rise up onto the step fully, and then rest your crutches on the front of the bike so that you can reach them when needed. Use the seat of the bike and handle bars to help with the rest of the transfer. Pivot to sit your but on the seat while facing sideways (as shown above). While using your arms on the handle bars to stabilize your self pivot to face forward while swinging your non-surgical leg (left leg in pictures above) over the midline of the bike. Next place your right foot (surgical leg) on the pedal, but make sure it is near the down position when doing this. Lastly place your left foot (non-surgical) on the pedal, and you are ready to start biking!