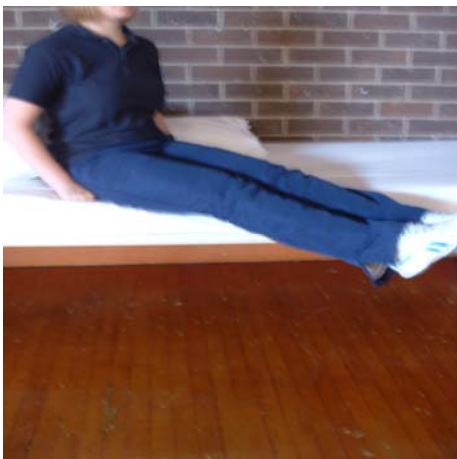


Getting Out of Bed After a Hip Replacement



- Sit up in the bed



- Swing your legs out
- Keep your knees together



- Bend your knees
- Put your feet on the floor



- Slide your operated leg out in front



- Push up from the bed with your arms



- Stand up tall

