

**Mary Pack Arthritis Program
Occupational Therapy**

JOINT PROTECTION FOR HIPS AND KNEES

1. Sit to do activities such as ironing, meal preparation, and gardening. A chair or stool with wheels will provide more mobility and prevent the need to stand up and sit down repeatedly.
2. Plan your activities to avoid excess walking, stair-climbing and getting on and off chairs, if these activities cause pain.
3. Take intervals of rest throughout your daily activities. Rest your hips and knees by lying down. Get the weight off your joints.
4. Avoid activities, which require weight-bearing through the hips and knees while they are bent. Therefore, try to avoid too many stairs, low furniture, kneeling, getting down into the bathtub.

AIDS AND IDEAS: Elevators, escalators, furniture raises for bed and chairs, raised toilet seats, raised cushions, long-handled dust pans, long-handled bathtub scrubber, cleaning bucket on a platform with wheels, bathtub bench.

5. Avoid squatting to reach the floor.

AIDS: Reaching device (e.g. Use a straightened-out coat hanger, long-handled cleaning equipment). Make sure that your kitchen is arranged so the most frequently used articles are at waist level or above, within reach. Lazy susans and peg boards help to extend accessible storage space.

6. Avoid carrying and lifting heavy objects that put a strain on your knees, hips and back.
7. Avoid repetitive activities that stress the hips and knees, (e.g. bicycling, horseback riding, jogging, hiking on uneven ground or slopes).

8. Tips for sitting: Avoid low chairs. Raise the height of chairs that you frequently use with a cushion or raisers. Do not sit cross-legged. Elevate feet on a small stool when sitting on a high chair and do not allow your feet to dangle. When getting out of a chair use good body mechanics by putting one foot in front of the other and moving to the edge of the chair before standing.
9. Tips for stairs: You may find it easier to climb stairs one step at a time, leading with the stronger leg. To go down stairs, also one step at a time, lead instead with the more painful leg. Use the handrail if there is one available.
10. Wear good supportive shoes for the majority of your walking time. This means:
 - Lace-ups
 - Broad Heel
 - Firm heel cup
 - $\frac{3}{4}$ -1" Heel Height
 - Good Arch Support
11. Keep your weight down.