Orthopaedic Therapy Department

How to get dressed

This leaflet aims to show you how to get dressed and undressed while you are recovering from your hip operation. If you have any further questions, please speak to the occupational therapist caring for you.

Useful tips

- Dress sitting down – avoid low armless chairs. If possible, use a firm chair of moderate height with arms.
- Dress your **operated limb first** and undress it last.



Grip one side of your garment with the helping hand (operated side).



Lower the garment down to your feet and place your operated leg's foot in – take care not to lift your knee too much.



Bring the garment up to your knee at one side and hold it with your free hand.



Grip the opposite side of the garment with the helping hand.



Position the garment so that you can easily dress the other leg.



Bring the garment up to your knee.



You should now be able to stand and pull up your garment.

compassionate care

Using a sock aid

This enables you to independently put on socks while seated. There are two main types of sock aid available, both are shown below













1. Gather up your sock and place over the top of the sock aid.
2. Ensure that the sock is secure and positioned around the curves on the aid.
3. Lower the sock aid down to floor using the white laces.
4. Place your foot on the plastic sheets and move the foot as far into the sock aid aspossible.
5. Gently tug on the white laces in turn until the sock moves with the aid.
6. The aid will then pull your sock up your leg.

How to use second type of sock aid:













1. Begin with the aid in front of you as shown. Hold the sock with the heel facing into the curve of the aid.
2. Stretch the top of the sock over the aid.
3. Pull the sock down until the heel of the sock is completely outside of the collar.
4. Be sure that the top of the sock does not go past the top of aid.
5. Lower the aid down to your foot, position your foot in the sock and tug gently on the handle of the aid.
6. The aid will then pull the sock up your leg.

The handle of this aid can be used as a long-handled shoe horn (see below). It can also be used to get socks off by using the slot in the handle. Shoe horns and helping hands are also useful for helping you remove your socks. To put on/take off tights, the sock aids can be used in a similar way.

Using a long-handled shoe horn

This enables you to independently put on or take off your shoes. It is best used with slip on shoes with elastic or Velcro fastenings. Try to avoid wearing shoes with laces after your surgery.



If you have any difficulty with any of the above techniques, please do not hesitate to ask for assistance and further demonstration from your occupational therapist on the ward.

Adapted with kind permission of Guy's and St Thomas' NHS Foundation Trust

If you have any comments about this leaflet or the service you have received you can contact :

Occupational Therapy Department
Calderdale Royal Hospital
Telephone No: 01422 223554

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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