

## Selection of a Chair after Joint Replacement

It is important to have a chair selected and placed before you come into the hospital for your joint replacement procedure. Here are some things to think about when selecting the chair:

- It must have two sturdy arms.
- It cannot have wheels.
- You must be able to do an armchair push up.
- You must be able to sit on the edge to perform exercises.
- You must have a foot rest to elevate your leg. The chair does not need to be a recliner—a foot stool, ottoman, or coffee table is fine.
- If the chair seat is too low, you may use foam or pillows to elevate the height.

You do not have to purchase a new chair. Look around your home—you may already have a chair that you can move from another area. If you do not have one, see if you can borrow one from a friend or family member.

**Please remember to have the chair selected and placed prior to being discharged from the hospital!**

