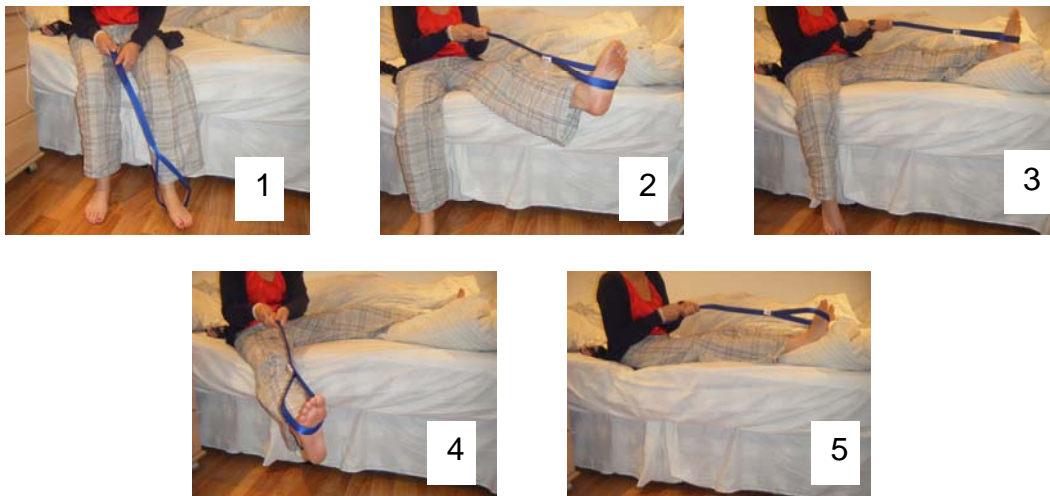


# Using a leg lifter

This leaflet aims to answer your questions about using a leg lifter while you are recovering from your hip operation. It explains how you might use it at hospital and at home. If you have any further questions, please speak to the occupational therapist caring for you.

A leg lifter enables you to independently lift your legs onto bed.



## Instructions

1. Ensure that your bottom is seated as far back onto the bed as is possible.
2. While sitting on edge of the bed, place the rigid hoop of the leg lifter around your foot and hold onto the loop at the opposite end with your hand.
3. Use gravity to assist you in moving your legs onto the bed. You can do this by:
  - a) lying down on your side
  - b) lying flat on your back.
4. Use the strength in your upper body to move your leg up and onto the bed by pulling on the leg lifter.
5. Repeat with other leg as required.

This movement can require a lot of extra effort if you are experiencing pain or stiffness in your leg muscles, so do not be surprised if you find it a little tiring.

## Why should I use a leg lifter?

The leg lifter can enable you to independently move your legs across the bed. It can also help you to go from lying on the bed to sitting on the edge of the bed in much the same way. The leg lifter may also be useful when getting your legs into the bath using a bath board .

## What do I need to do after I go home?

Your occupational therapist will advise you if you need a leg lifter at home.

### Contact us

If you have any questions or concerns about using a leg lifter, please contact the occupational therapy department on **020 7188 4180** (Monday to Friday, 8.30am to 4.30pm).

## Further information

### Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

### Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

**t:** 020 7188 8801 at St Thomas'    **t:** 020 7188 8803 at Guy's    **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

### Knowledge & Information Centre (KIC)

For more information about health conditions, support groups and local services, or to search the internet and send emails, please visit the KIC on the Ground Floor, North Wing, St Thomas' Hospital.

**t:** 020 7188 3416

### Language support services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

**t:** 020 7188 8815    **fax:** 020 7188 5953

### NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

### NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)

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