

# Bedelka Kala-goyska: Ku isticmaalka Qalabka Hawlaha Maalinlaha ah

## Koridda iyo kadagida sariir

- Waa inaad u kortaa aadna uga degtaa sariirta isla halka dhinac sida adigoo qalliin kujira.
- Waxaa laga yaabaa in sariir isbitaal loogu baahdo guriga. Xubin ka tirsan kooxda daryeelkaaga ayaa kaala hadli doona arrintan haddii loo baahdo.
- Dadka qaarkood waxay u arkaan in ay waxtar u tahay in ay xirtaan dhar xariir ah si ay uga caawiso in ay si sahlan uga soo gudbaan go'yaalka.
- Waxaad u baahan doontaa qof kor kuugu qaada kuuna dhaqaajiya lugtaada qalan si aad u isticmaashid gacmahaaga iyo lugtaada kale si aad jidhkaaga u saarto ama uga dajiso sariir.

## Isticmaalka musqusha

- Kursiga musqusha oo sare loo qaaday wuxuu kaa ilaalinayaa in aad si fog u foorarsato markaad fadhido ama taagan tahay. Kursiga sare wuxuu sidookale fududeeyaa inaad ka istaagto musqusha.
- **Haddii aad gashay bedelaad misigta/sinta ah:** Nafsadaada u nadiifi sida aad caadiyan sameyso, adoo ka taxaddaraya in aadan si aad ah uga leexanin misigta.

## Qubeys

Ha gelin baafka qubeyska, barkadda, ama tubbada kulul 6 illaa 12 todobaad.

- Marka ugu horreysa ee aad guriga ku qubeysato ha ku caawiyo qof guriga jooga.
- Waxaa laga yaabaa inaad suufka isku tirtirto goobta waji dhaqa ilaa aad ku kadsontahay ama caawin heshid si aad u qubeysato.
- Haddii aad leedahay qubeys lagu socdo ama baaldi qubeys, waad joogsan kartaa ilaa intaad dareento joogsi iyo sinaan-jireed.
- Haddii aad u baahan tahay inaad fadhiisatid si aad u qubeysato, waxaad u baahan doontaa **kursiga qubeyska**. Hubi in gursiga qubeyska si adag loogu meeleeeyey musqusha. Qof hakuu hagaajiyo dhererka kursiga qubeyska, sifo uu u dheeryahay xad kuu ogolaanaya in cagahaada dhigmaan sagxada musqusha markaad fadhido.
- Marwalba hubso inaad marka hore biyo qabowga daarato si aad isaga ilaaliso in naftaada gubto.
- Dhig meel ammaan ah oo aad ku dhigto saabuuntaada si looga fogaado inay kaa dhacdo. Isku day saabuun xadhiga la suro ama saxan saabuun la galiyo.
- Si aad sahal ugu gaarto, waxaad kuu wanaagsanaan kara inaad isticmaashid suuf gacan dheer leh ama buraash qubeys, iyo baaf qubeys oo lasoo jiidan karo.



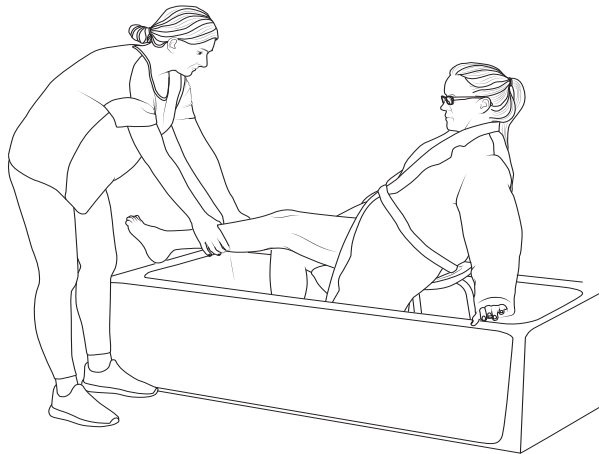
## Isticmaalidda kursi qubeyska



1. Kursiga qubeyska si adag ugu dhig musqusha/qolka qubeyska. Istaag iyadoo dhabarkaaga jiro dhanka musqusha. Qof ha kula joogo oo ku caawiya oo kursiga kuu qabta, haddii loo baahdo.



2. Si tartiib ah naftaada hoos ugu dhig kursiga qubeyska, adigoo hore u sibxinaya lugtaada qalliinka marka aad fadhiisaneyso, oo dib u gaadha si aad u qabsato kursiga qubeyska.

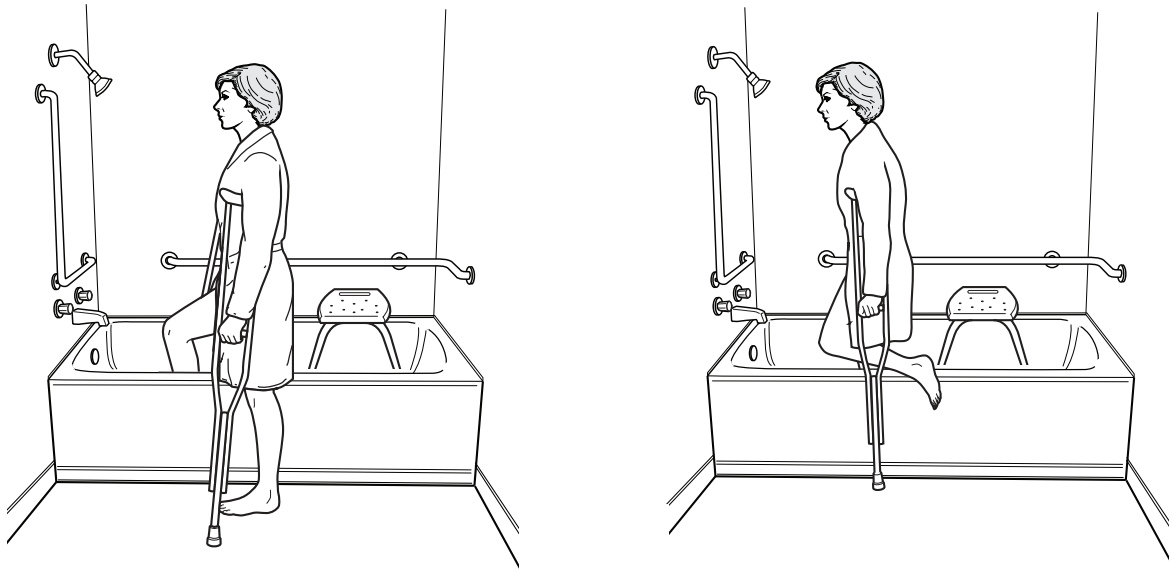


3. Ku tiirso jirrida dhabarkaaga iyadoo qof kaa caawinaya ka dul marinta lugtaada qalliinka geeska musqusha.
4. Dib u siko oo hubi in aad ku jirto meel fadhi oo badqabta. Caawiyahaagu cagtaada hoos ha u dhigo dhulka musqusha.

Si aad uga soo baxdo musqusha, qof hakuu dallaco lugtaada qalan hakuuguna meeleyo cagtaada dhulka intaadan istaagin kahor.

## Bedelida joogsiga musqusha dhexdeeda

1. Ku meeley kursiga qubeyska musqusha haddii ay dhacdo in aad si dhakhso ah u daasho oo aad u baahan tahay inaad fadhiisto.
2. Lugtaada fiican ugu istaag baaldiga dhiniciisa.
3. Marka hore ushaada ama baakortaada ku rido baaldiga/tubbada, ama isticmaal tiirarka la qabsado, haddii ay diyaar yihiin.
4. Miisaankaaga saar tiirka la qabsado, usha, ama baakorta oo lugtaada fiican ugula tallaabsato baaldiga/tuubada. Dhinaca qalliinka, ku laab jilibkaaga qeybta istaaga ee baaldiga. Kor ha u qaadin jilibkaaga ee dusha baaldiga sababtoo ah waxey dhaawici kartaa sintaada.
5. Baakorta kale soo geli baaldiga. Iska ilaali ku istaagida oogada baaldiga/musqusha/tuubada qoyan. -



Waxaa laga yaabaa inaad tan u hesho tilmaamo kala duwan si ku saabsan qalliinkaaga.

Si aad u soo baxdo, dib isugu soo noqo oo soo celiso nidaam la mid ah. Dhig usha ama baakorta dhinaca wanaagsan marka hore, kadibna lugta wanaagsan. Kadibna lugtaada qallan banaanka soo bixi, oo baakorta dhig dhinaca qallan.

## Fuulista Gaariga

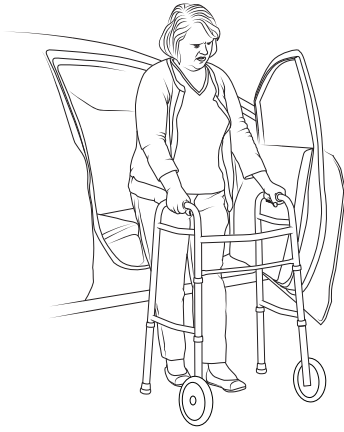
Ogow sida si badqabta loogu fuulo gaariga. Waxaa fiican in la raaco baabuur dhexdhexaad ah ama wayn oo leh kuraasta caadiga ah halkii ay ka ahaan lahayd kuraasta baaldiga camal ah. **Kursiga ku isticmaal barkin ama suuf.**

- Hubi in aad joogsato abaare 60 daqiiqo kasta si aad dibada ugu baxdo oo aad u sosocoto, ama ugu yaraan culeyskaaga ka wareejiso hal lugtaada una wareejiso mid kale.
- Xulashada ugu fiican kadib marka bedelka kala-goysmo waa in la fuulo kursiga dambe.
  - Haddii la beddelo **misigtaada ama jilibkaaga midig**, gal dhinaca dambe ee kursiga dambe **ee rakaabka**.
  - Haddii la beddelo bowdadaada **bidix ama jilibkaaga**, gal dhinaca **darawalka kursiga dambe**. -

### Si aad kursiga dambe u gasho:

1. Marka hore hoos ugu daji baridaada suufka ama barkinka qaab boos kor u soo yara-kaca ookale.
2. Qof ha taageero lugtaada qalliinka adigoona isticmaalaya lugtaada kale si aad naftaada ugu durjiso qeybta gadaal ee kursiga. Waxa laga yaabaa in aad u baahato in aad barkimo saarato dhabarkaaga gadaashiis si aad ugu tiirsato.
3. Ku xasili lugtaada la qalay kursiga gadaashiis. Hubso inaad xirato suunka kursigaaga.

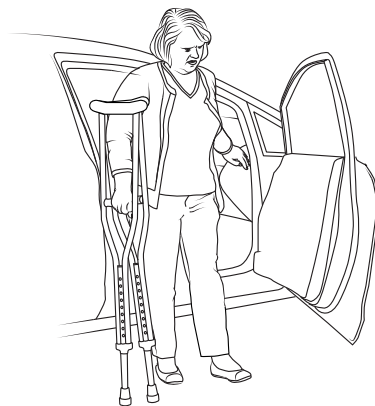
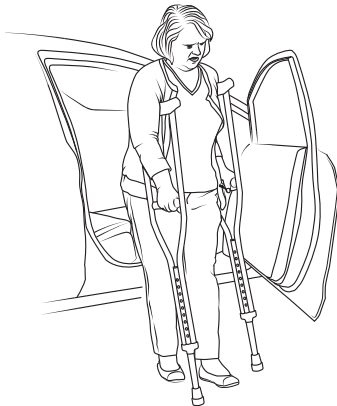


**Si aad u gasho kursiga hore:**

1. Ku qor gaariga dhinaca rakaabka, kaddibna hubi in kursigu uu gadaal u jiro sida ugu macquulsan. Kursiga dib u soo cesho ilaa intaad awooddo, si aad kursiga gadaashiisa ugu sii siki karto. Dhabarkaaga u istaag dhanka gaariga.
2. Lugtaada la qalay hortaada keen oo si tartiib ah u fadhiiso. Haddii loo baahdo, qof hakuu galiyo lugtaada la qalay gaariga intaad ku sii sikeysid gursiga.
3. Marka lugtaada la qalay saarantahay dhulka gaariga, gadaal hoos ugu sii siko oo gadaal u soo yara qaad. Hubso inaad xirato suunka kursigaaga.

**Si aad uga soo degto gaariga:**

Kursiga dib u sii celi. Waxaad u baahan doontaa in dib ugu sikato gursiga inta uu qof ka bixinayo lugtaada la qalay gaariga oo uu dhulka kuu dhigayo.

**Haddii aad isticmaaleysid baakor:**

1. Dib u celi kursiga rakaabka.
2. Dhig labada baakorba dhinaca lugtaada wanaagsan oo gacantaada kale ku qabso muraayada, fareemka gaariga, ama kursiga.
3. Si tartiib ah u fadhiiso oo qof ha kaa caawiyo inuu kuu qaado lugtaada la qalay intaad kor ugu sikaneyso kursiga. Hubso inaad xirato suunka kursigaaga.

**Tan waxaa loogu talagalay ujeedooyin macluumaad oo kaliya. Kala hadal dhakhtarkaaga haddii aad wax su'aalo ah ka qabto daryeelkaaga.**

# Joint Replacement: Using Equipment in Daily Activities

## Getting in and out of bed

- You should get in and out of bed on the same side as you had surgery.
- A hospital bed may be needed at home. A member of your care team will talk with you about this if needed.
- Some people find it helpful to wear silky material pajamas to help them slide more easily on the sheets.
- You will need someone to lift and move your operative leg as you use your arms and your other leg to scoot yourself in and out of bed.

## Using the toilet

- A raised toilet seat will keep you from bending too far when sitting or standing. The higher seat also makes it easier to stand up from the toilet.
- **If you had a hip replacement:** Clean yourself as you usually do, being careful not to twist too much at the hip.

## Bathing

**Do not sit down into a bathtub, pool, or hot tub for 6 to 12 weeks.**

- Have someone help you the first time you bathe at home.
- You may sponge bathe at the sink until you are comfortable or have help to shower.
- If you have a walk-in shower or tub shower, you may stand and shower as long as you feel steady and balanced.
- If you need to sit to bathe, you will need a **shower bench**. Make sure the shower bench is placed firmly in the tub. Have someone adjust the height of the shower bench, so it is as tall as it can be to allow you to rest your feet on the floor of the tub when you are sitting.
- Always be sure to turn on the cold water first to avoid burning yourself.
- Have a secure place to put your soap to avoid dropping it. Try soap on a rope or a deep soap dish.
- For easier reaching, it may be helpful to use a long-handled sponge or bath brush, and a portable shower hose.



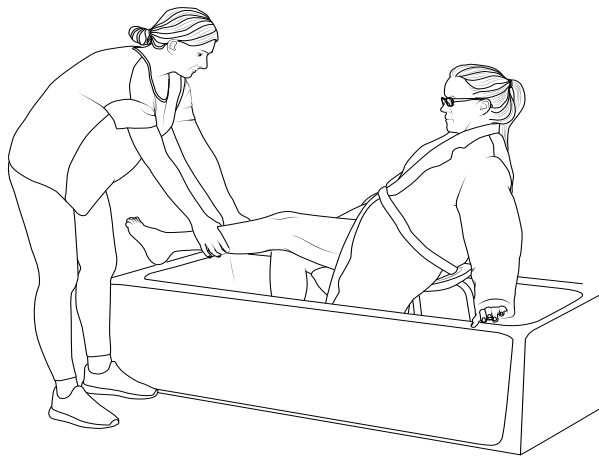
## Using a shower bench



1. Place the shower bench firmly in the tub. Stand with your back toward the tub. Have someone with you to help you and to hold the bench steady, if needed.



2. Slowly lower yourself onto the shower bench, sliding your operative leg forward as you sit, reaching back to grasp the shower seat.

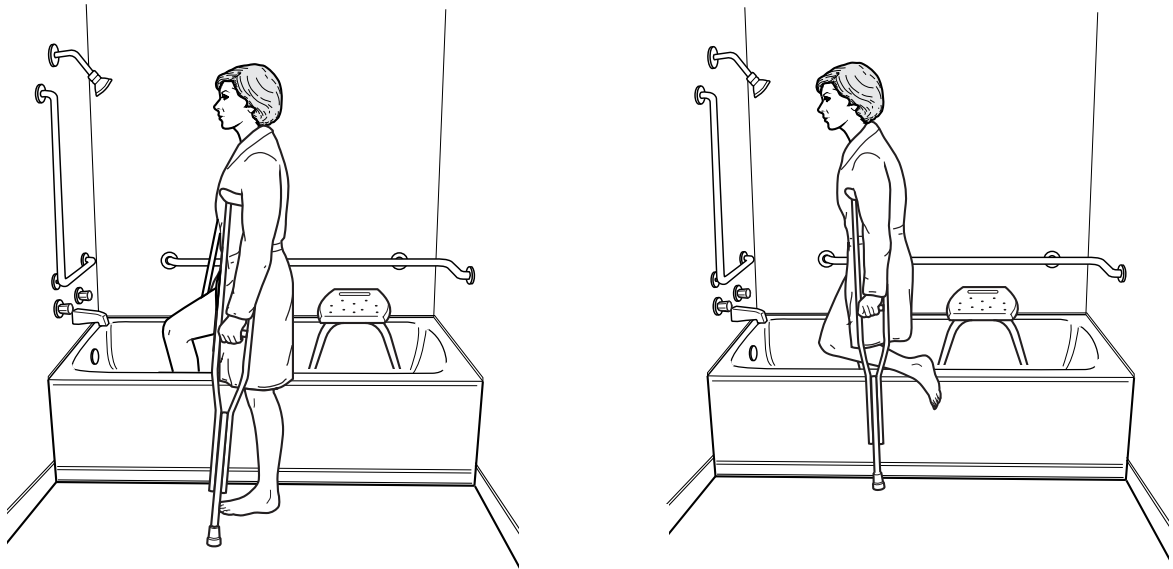


3. Lean your trunk back as someone helps lift your operative leg over the edge of the tub.
4. Slide back and make sure you are in a safe sitting position. Have your helper lower your foot to the floor of the tub.

To get out of the tub, have someone lift your operative leg out and place your feet flat on the floor before you stand.

## Standing tub transfer

1. Place the shower bench in the tub in case you tire quickly and need to sit.
2. Stand with your good leg next to the tub.
3. Place your cane or crutches into the tub first, or use grab bars, if they are available.
4. Put your weight on the grab bar, cane, or crutch and step into the tub with your good leg. On the operative side, bend your knee back to step into the tub. Do not lift your knee up and over the tub because it will harm your hip.
5. Bring the other crutch into the tub. Be careful standing on the wet tub surface.



You may get different instructions for this based on your surgery.

To get out, turn around and repeat the same procedure. Put the cane or crutch on the good side out first, and then the good leg. Then bring your operative leg out, and put the crutch on the operative side.

## Getting into a car

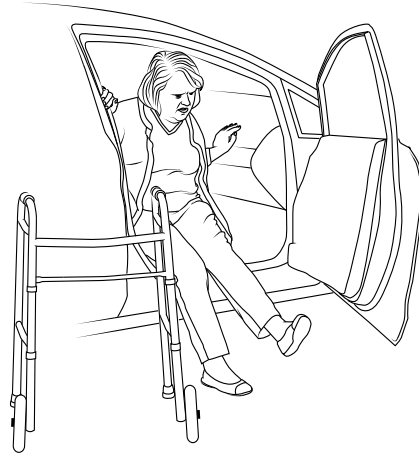
Know how to safely get into the car. It is better to ride in a mid-size or large car with regular bench seats rather than bucket seats. **Use a thick pillow or cushion on the seat.**

- Make sure you stop about every 60 minutes to get out and walk around, or at least shift your weight from one leg to another.
- The best choice after joint replacement is to ride in the back seat.
  - If your **right hip or knee** was replaced, get in on the **passenger's side** back seat.
  - If your **left hip or knee** was replaced, get in on the **driver's side** back seat.

### To get into the back seat:

1. First lower your bottom onto the cushion on the seat in a semi-reclining position.
2. Have someone support your operative leg as you use your other leg to scoot yourself farther back across the seat. You may want to have a pillow to put behind your back to lean on.
3. Rest your operative leg against the seat back. Be sure to wear your seat belt.

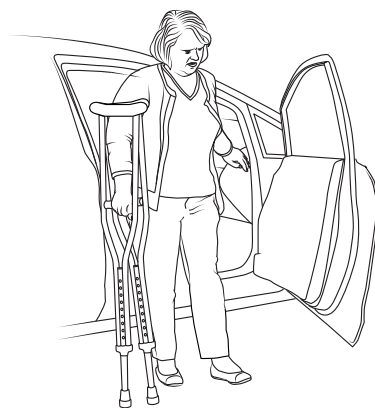
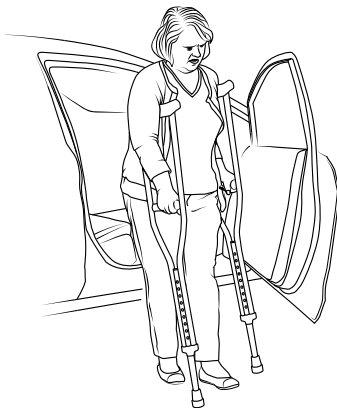


**To get into the front seat:**

1. Enter the car on the passenger side and make sure the seat is as far back as possible. Recline the seat back as much as you can, so you can scoot up the back of the seat. Stand with your back toward the car.
2. Put your operative leg out ahead of you and slowly sit. If needed, have someone lift your operative leg into the car as you scoot up the seat back.
3. When your operative leg is on the floor of the car, scoot back down to the seat and adjust the seat back up a small amount. Be sure to wear your seat belt.

**To get out of the car:**

Recline the seat back. You will need to scoot back up the seat back while someone lifts your operative leg out of the car and onto the ground.

**If you are using crutches:**

1. Back up to the passenger seat.
2. Put both crutches on your good leg side and reach back with the other hand to hold the dash, car frame, or seat.
3. Slowly sit and have someone help you lift your operative leg as you scoot up the seat. Be sure to wear your seat belt.

**This is for informational purposes only. Talk to your healthcare provider if you have any questions about your care.**