Prepare your home

Your recovery process starts well before your surgery. We want to help you and your surgical coach prepare your home for after your procedure.

All rooms
• Remove obstacles like rugs from floor.
• Create walkways open enough for a walker.
• Add extra light as necessary to rooms you frequent.

Kitchen
• Create easy access to items you use most.
• Arrange commonly used items near waist level.

Bathroom
• Your therapist will make recommendations to ensure you know how to set up and use the proper equipment.

The Beaumont team will teach you proper techniques to:
• sit and stand up
• sleep correctly
• roll in and out of bed
• get in and out of a car
• progress your walking
• manage your brace, if applicable
• perform self-care such as bathing, dressing, grooming
• get on/off toilet and in/out of the shower

For an appointment with a Beaumont doctor, visit beaumont.org or call 800-633-7377.