

MOBILITY EQUIPMENT

Preparing for Your Recovery: Helpful Equipment After Joint Replacement

After your joint replacement surgery, having the right equipment at home can make your recovery safer, easier, and more comfortable. You don't need to buy everything right away—but knowing what's commonly used can help you feel prepared and confident as surgery approaches. Below are the three most common pieces of equipment patients use after surgery and why they matter.

Front-Wheeled Walker (Two Wheels)

You'll use a two-wheeled walker right after surgery to help you move safely while your new joints heal.

Why it's helpful:

- Provides steady support while walking during early recovery
- Helps reduce your risk of falls
- Keeps you safely positioned inside the walker for better balance

Things to know:

- You can purchase these at Walmart, CVS, Walgreens, Amazon or at thrift stores
- Many patients borrow one from a friend or family member
- Buying one yourself is often cheaper than going through insurance
- Typical cost: \$30-\$50



Rollators (Four Wheels)

Rollators - walkers with four wheels and a seat - may look convenient, but they are not recommended right after joint replacement surgery.

Why not right away?

- They place your body too far behind the support
- Brakes can be difficult to manage while you're healing
- They don't provide the same stability as two-wheeled walkers



Bedside Commode

Many patients find a bedside commode extremely helpful during early recovery after a joint replacement.

Why patients like it:

- Fits over your toilet seat to raise the seat height
- Reduces strain on your new hip or knee
- Provides arm supports to help you sit and stand safely

Things to know:

- These can be found at the same stores as two-wheeled walkers
- Typical cost: \$30-\$90

