

## Mobility



### Rollator - Premium Folding Loop Brakes

234672

Folding aluminium rollator with lockable loop braking system. Other features include a padded seat, padded backrest and canvas bag under seat.



### Scooter - Compact

Lightweight portable scooter designed for easy access around the house. Dismantles for easy transportation.



### Walking Frame - Folding

Black: 234222

Bronze: 237647

Lightweight aluminium walking frame with height adjustable legs and dual button mechanism allowing for quick and easy folding.

## Rehab



### Pedal Exerciser

234702

Can be used on a table top as an arm exerciser or placed on the floor to exercise the legs. Hook and loop straps hold feet firmly in the pedals.

For a complete list of  
Making Life Easy Outlet's, please visit

[www.mle.com.au](http://www.mle.com.au)

or call 1300 653 279

# Hip or Knee Replacement

Version 3.0

## Tips for easier living

Following surgery, it is important to protect a new joint in order to speed up your recovery.

Some important points to remember immediately after surgery are:

- Follow the advice of your doctor, physiotherapist or other health professional
- Avoid bending your hip to angles over 80 degrees
- Avoid bending over too far
- Do not cross your legs
- Avoid activities that cause excessive joint movement

Many items in the Making Life EASY product range have been designed specifically for this purpose and some of these items have been featured in this brochure.



Outlet Stamp



Making Life  
**EASY**

PRODUCTS THAT IMPROVE YOUR LIFE

## Hip or Knee Replacement

Hip or knee replacement surgery is becoming increasingly common for many Australians and has a high rate of success.

People in the over 60 age group are more prone to joint replacement due to falls or as a result of osteoarthritis.

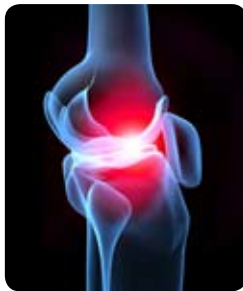
In younger people it is more likely to relate to a form of joint disorder or injury.

The good news is that in all age groups this procedure usually leads to greatly improved mobility and comfort.

Here is a selection from the wide range of products available to improve life for anyone recovering from joint surgery.



Hip X-Ray



Knee X-Ray

## Bathroom



### Bathmat - Suction

234524

Hundreds of suction cups anchor this bathmat to the bottom of the shower or bath to provide a slip-resistant surface while bathing.



### Sponge - Long Handled

247235

Allows those with constricted shoulder function or bending capacity to maintain independence and dignity in the bathroom.



### Toilet Seat - Raised with lid

4" 234516

6" 250902

Durable raised toilet seat with lid. Provides a higher surface for sit to stand transfers. Secures firmly to the toilet bowl for safety.



### Shower Stool

234311

Height adjustable legs to cater for users of all heights with rubber tips maintaining stability in any wet environment. Comfortable padded side arms.

## Household



### Dust pan and broom - Long handle

247286

Long handle dust pan and brush set, reduces the need for bending and promotes every day independence at home.



### Shoe Horn - long

234567

Assists with putting on shoes without the need for bending over. Great for those with sore backs or balance concerns.



### Cushion - Posture Wedge

234605

Sculptured cushion allows seating with open hip angle to relieve spinal and tailbone pressure. Lightweight and portable.



### Lift Chair - Compact

Compact design with suede style fabrics and an ergonomically hand control. Three position seating system enables user to sit, read with feet up or recline in comfort.



### Reacher - Folding

234826

Basic folding reacher enabling users to pick up items without the need to bend. Unique collapsible design allows reacher to be taken anywhere. 70cm length.