

Squatting, Floor Sitting and Indian Toilets

Practical advice for Indian homes

WHY WE RAISE THIS

Deep squatting, cross-legged sitting and Indian toilets bend the knee and hip far beyond what most Western advice assumes. They are part of daily life here — so rather than simply saying "avoid", here is what is safe, and when.

If you have knee or hip arthritis

- **Deep squatting loads the knee several times body weight** and accelerates wear in an already damaged joint. Reduce it where you reasonably can.
- Use a **Western commode** or fit a commode seat over the Indian pan. This is one of the most useful changes you can make.
- Sit on a **low stool (patla) rather than the floor** for cooking, washing and eating.
- If you sit cross-legged, sit against a wall with a cushion under the buttocks to raise the hips above the knees, and change position often.
- Getting up from the floor: roll to one side, come to all fours, bring one foot forward, and push up using a chair or wall.

AFTER A KNEE OR HIP REPLACEMENT

Do not squat, sit cross-legged, or use an Indian toilet. These positions can dislocate a new hip and will damage a new knee.

After hip replacement, for at least the first 3 months: do not bend the hip beyond 90 degrees · do not cross your legs or ankles · do not turn the foot inwards · do not sit on low chairs, low beds or the floor · use a raised toilet seat · sleep on your back with a pillow between your legs

Arrange a **commode chair or raised seat before your surgery**, not after you come home.

IF YOUR JOINTS ARE HEALTHY

Squatting and floor sitting are not harmful in themselves, and they maintain excellent hip and ankle flexibility — this is a genuine advantage of the Indian way of living.

Keep doing them, but **avoid holding a deep squat for very long periods**, and get up and move if your knees start to ache. If you are over 50 or have any knee pain, start reducing the deepest positions.

Search: squatting, Indian toilet, floor sitting, cross legged, knee replacement precautions

