

# Total Knee Replacement

## Introduction

Your surgeon has asked for you to be provided with physiotherapy during your stay in hospital.

It is very important that you follow the physiotherapy instructions and have regular analgesia and ice packs as it gives your operated knee the best chance of a full recovery.

## Ice

Ice packs should be used regularly to help to control pain and swelling

- Put the ice pack around the knee for 15 minutes every hour or so for the first 48 hours. Keep this up 1-2 hourly until pain, warmth and swelling have subsided
- **DO NOT put ice directly onto your skin**

## You may initially need to use an aid when walking

Your physiotherapist will advise you on how to use your walking aid. You will start by using a rollator frame and may progress to walking sticks at the discretion of your physio. When you walk, try not to limp. Walk as naturally as possible.

## Steps

### ↑ To go up steps

Step up with the non-operated leg first, then the operated leg and stick

### ↓ To go down steps

Move the stick down first, then lower the operated leg, followed by the good leg

## Elevation

You may experience swelling following your surgery. While this is to be expected, it can be reduced by regular rests on your bed

Try to perform “ankle pumps” (refer to exercises) and apply ice to your knee at the same time to further control swelling

- **DO NOT sleep/rest with a pillow under your knee**

## Exercises

Please complete all exercises as prescribed unless specified differently by your physiotherapist.

### Ankle pumps

- Gently bend your feet up and down to help the circulation in your legs
- Do \_\_\_\_\_ repetitions every hour



### Static quadriceps

- Tighten the muscles on the top of your thigh by pushing your knee down onto the bed
- Keep your knee as flat on the bed as possible. Hold for 5 seconds and then relax
- Do \_\_\_\_\_ repetitions every hour



Figure 11

### Knee flexion

- Gently bend your operated knee so that your foot moves along the bed towards your buttocks
- Hold for **5 seconds**.
- You may use your hands to help with this exercise and a plastic bag under your foot. A mild stretching over the front of your knee is normal



Figure 2

- Do \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day

## Inner range quadriceps

- With your knee over a rolled up towel, straighten your knee by tightening the muscles on the top of your thigh. Be sure to keep the back of your knee pressed onto the towel
- Lift your foot, hold for **5 seconds** and then slowly relax and lower your foot

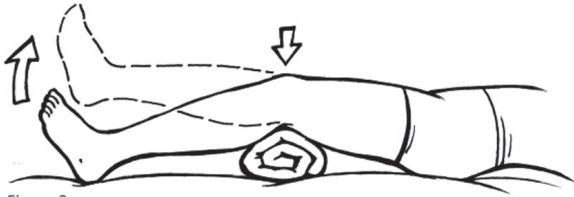


Figure 3

- Do \_\_\_\_ repetitions, \_\_\_\_ times per day

## Straight leg raise

- Tighten the thigh muscle so your operated knee straightens
- Now lift your leg to 45 degrees, keeping it as straight as possible
- Hold for **5 seconds**

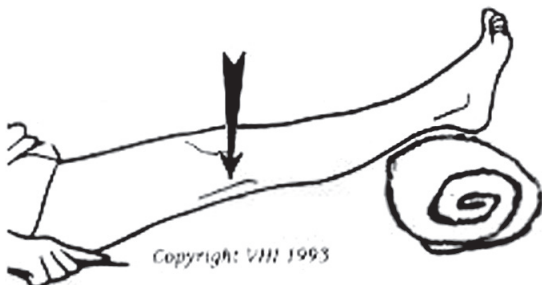


Figure 4

- Do \_\_\_\_ repetitions, \_\_\_\_ times per day

## Passive knee extension

- Lie with your legs out straight and place a rolled up towel under the ankle of your operated leg
- Relax the muscles in your leg and allow the knee to straighten. Your toes should be pointing up
- You can use your hands to apply more pressure by gently pushing down on the front of your thigh, without causing pain

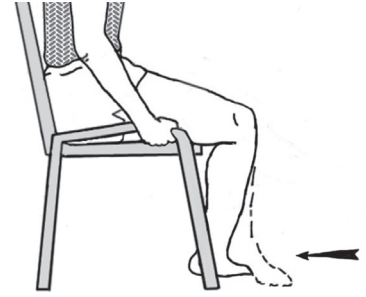


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- Hold for up to **5 minutes**, \_\_\_\_\_ times per day

## Seated assisted knee flexion

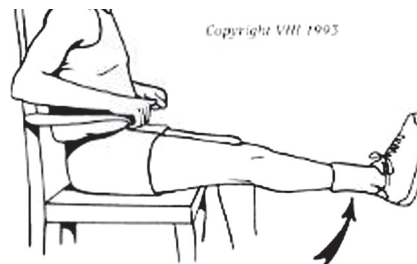
- Sit in a chair (as far back as you can comfortably), with your feet on the floor. Place a plastic bag under your foot on the operated side
- Bending your operated knee, slide your heel as far back beneath you as you can. You can also use your non-operated leg to gently help pull the operated leg back further



- Hold the operated knee bent for **5-10 seconds**
- Do \_\_\_\_ repetitions, \_\_\_\_ times per day

## Active knee extension in sitting

- Sit in a chair (as far back as you can comfortably), with your feet on the floor
- Lift your heel off the floor to straighten your operated leg, making the knee as straight as possible
- You can use the leg strap to assist, guided by your physio.



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- Hold the operated knee straight for **5 seconds**, then gently lower your leg
- Do \_\_\_\_ repetitions, \_\_\_\_ times per day

## When you leave hospital

Your surgeon and physiotherapist may recommend you make an appointment to see a physiotherapist to check that you maintain and improve strength and movement and to provide ongoing rehabilitation after discharge

## General Advice

- Do not drive or garden until advised by your doctor
- Avoid heavy lifting for 6 weeks
- Check with your surgeon / hospital physiotherapist before commencing swimming or hydrotherapy