

Pre-operative & Post-operative total knee replacement



Community
of Care

 **Knox**
PRIVATE HOSPITAL
by Healthscope

“ We will design a recovery program with specific goals for you to achieve during your stay. ”

Patient Information

Your surgeon:

Your physiotherapist:

Date of surgery:

Note: The information on this booklet is to be used as a guide only as each person is an individual and may require differing treatments. It is important that you carefully follow any specific instructions given to you by your surgeon.

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Welcome

The aim of this booklet is to educate you about the physiotherapy program following total knee replacement (TKR) surgery at Knox Private Hospital.

The success of your TKR largely depends on how much effort you put in during the first 6 weeks after your surgery.

Our Physiotherapists will work with you to achieve the following goals after your surgery:

- Safe and comfortable walking and movement
- Appropriate bending and straightening of the operated knee
- Ensure you are safe to return to your own home environment

This booklet will include information on the following aspects of your surgery and recovery:

1. Preparing for your surgery
2. During your hospital stay
3. Exercise program
4. Discharge from hospital
5. Follow up physiotherapy
6. Frequently asked questions

Preparing for your surgery

To make your discharge home from hospital easier, please consider the following items to prepare your home environment.

Crutches

You will be walking with forearm crutches after your surgery. Crutches are generally used for up to 4 weeks following surgery.

Crutches can be purchased through the Physiotherapy Department or hired through HPS pharmacy attached to Knox Private Hospital.

Bathroom equipment

An over toilet frame that raises the height of your toilet and a chair to sit on in the shower will make the transition home easier.

Ice

Your Physiotherapist will encourage you to use ice on your knee when you return home. Please have ice packs ready to use at home.

Shoes

Comfortable slip on shoes, that do not require you to bend forward to put them on, will be required for the first 6 weeks after your surgery.

Plan for ongoing physiotherapy

You will require ongoing physiotherapy following your discharge home, please see the Follow-up Physiotherapy section of this booklet for details.

During your hospital stay

Regular walking

Short regular walks will assist in returning function to your knee. Please walk as prescribed by your physiotherapist.

Knee exercises

Your physiotherapist will prescribe exercises for you to complete regularly (please see *Exercise Program* section of this booklet).

Sit out of bed for all meals

You should sit out of bed for all meals. This provides valuable practice getting in and out of bed.

Pain relief

It is important that your pain is well managed so that you can participate in physiotherapy. If you are in pain, speak to your nurse.

Ice

Swelling management using ice reduces pain and maximises your knee movement. Speak to your nurse and physiotherapist about receiving regular ice packs.

Bed exercises

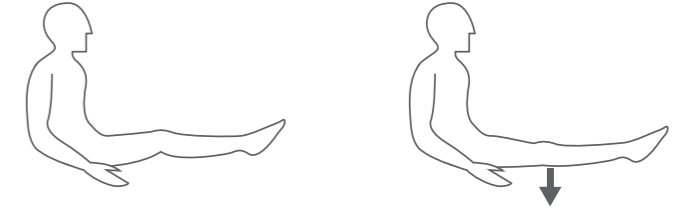
Prior to seeing your Physiotherapist the day after surgery, please commence these exercises as soon as possible.

Exercise program

Regular walking is the most important exercise. After each exercise session or long walk, please ice the knee for 20 minutes.

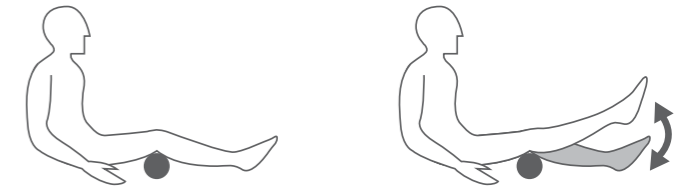
Lying

Static quads (push knee down into)



Quads over roll

(lift foot up over a roll)

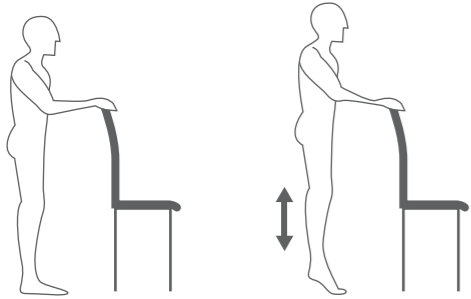


Complete each exercise:

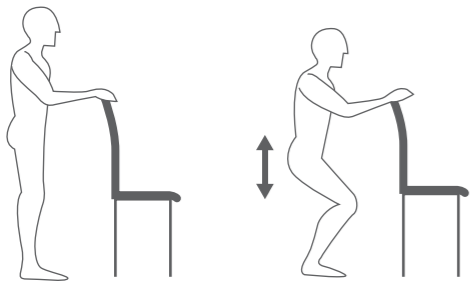
15 repetitions, 3 times a day

Standing

Heel raises (up on your tippy toes)

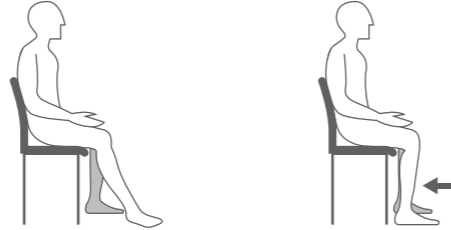


Mini-squats (like you are sitting in a chair)

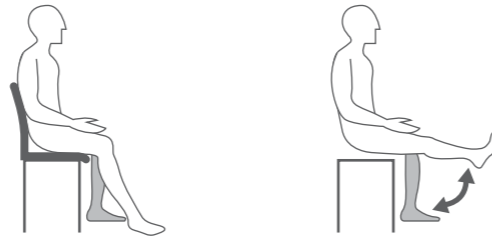


Sitting

Knee flexion (bend your knee)

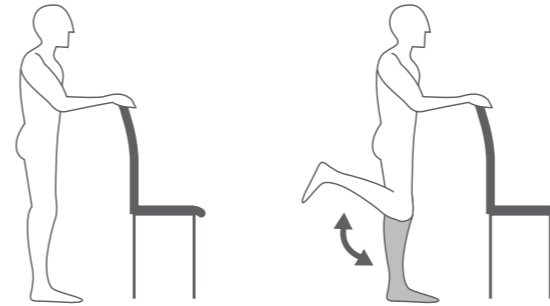


Knee extension (straighten your knee)

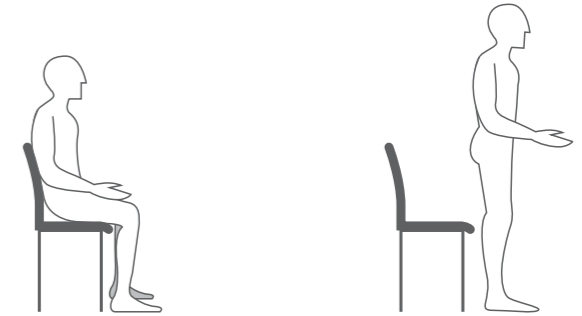


Complete each exercise:
15 repetitions, 3 times a day

Hamstring curls (bend your knee out behind)



Sit to stands (move from sitting to standing)



Complete each exercise:
15 repetitions, 3 times a day

Walking

Please complete a short walk every hour. Walking on flat surfaces is preferred in the first 2 weeks. Once you feel confident, walking should be done outdoors using your crutches or as directed by your physiotherapist.

The correct order for walking with crutches is:

1. Crutches
2. Operated leg
3. 'Good' leg

Stairs

Going up stairs:

1. Good leg
2. Operated leg
3. Crutches



Going down stairs:

1. Crutches
2. Operated leg
3. Good leg



Equipment

The nursing staff will assist you to get into the car upon discharge from hospital.

The following equipment will help to prepare your home environment for your return home:

- Crutches
- Ice packs
- Over toilet frame (Optional)
- Shower chair (Optional)
- Kitchen Trolley (Optional)

Please speak to your physiotherapist about your individual equipment needs.

Discharge from hospital

Prior to going home, you need to:

- Be safe moving to/from the bathroom and on/off the toilet
- Be safe walking with crutches
- Be safe going up and down stairs (as many as you have at home)
- Have your equipment organised
- Understand your home exercise program – in this booklet
- Have ongoing physiotherapy organised – you can discuss this with your hospital ward based physiotherapist

Car transfers

Some helpful tips to get in and out of your car is to:

- Slide the car seat all the way back before you get in
- Step your operated leg forward before you sit down (to avoid excessive knee bend)
- Place a pillow or cushion on the seat to raise the height
- Recline the seat back if possible

Follow up physiotherapy

Hydrotherapy

Hydrotherapy may start after your clearance from your surgeon. Exercises will be provided to you to complete in the pool by your physiotherapist. Your physiotherapist will assist you in finding a local hydrotherapy pool.

Rehabilitation

Most patients are able to return home and achieve their rehabilitation goals under the guidance of an outpatient physiotherapist. Some patients will require inpatient rehabilitation to assist with achieving their goals prior to returning home.

The Victorian Rehabilitation Centre in Glen Waverley can provide inpatient rehabilitation. If required, a referral will be made by our team in consultation with you and your surgeon.

Frequently asked questions (FAQ)

Can I put full weight through my knee?

Structurally the knee is very strong and you can put your full weight through your operated leg from the first day.

How long do I need crutches for?

Most patients need crutches for up to four weeks; your physiotherapist will tell you when you can move to one crutch and then no crutches.

Will I go home with pain relief?

Yes, the nurses will provide you with pain relief for home. If you are unsure about which pain relief to take on discharge, please consult your GP.

Do I need to go to rehabilitation at a hospital?

You may be required to undergo rehabilitation as a patient at a rehabilitation hospital, alternatively you can complete your rehabilitation at home with the guidance of your local physiotherapist. Our team will advise you either way.

What clothes should I bring into hospital?

We encourage you to get out of your hospital gown and into your clothes as soon as possible after your operation, loose fitting shorts and comfortable tops are best.

Will the exercises cause damage to my knee?

The exercises will not cause any damage to your knee but may increase the swelling and therefore the pain in the knee. Swelling and pain can be managed with the use of regular ice.



Restoring independence

Providing a tailored rehabilitation program to meet your needs and to reach your goals.

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Notes

A series of horizontal dotted lines for taking notes.



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