



**Nuffield
Health**



TOTAL KNEE REPLACEMENT

Information and Advice Leaflet

General Guidelines / Advice

- When mobilising, you are able to put full weight through the knee unless advised otherwise by your physiotherapist or consultant.
- It is normal to get some swelling in the knee. Apply ice to the knee for 20-30 minutes, every 2 hours and keep the leg elevated on 2-3 pillows when resting.

Never put anything under the knee which allows the knee to rest in a bent position.

- Changing your position often and regular gentle walking will help with your progression and prevent deep vein thrombosis.
- It is normal to experience some pain and discomfort for the first few weeks.
- You can return to driving once you can sit comfortably in the car and are able to perform an emergency stop. This is usually within 4-6 weeks.

Walking with Crutches

Crutches go forward first, then the operated leg, then the good leg comes past the crutches, like a normal stride. Bend the knee and avoid keeping it stiff.

Continue to use the crutches until instructed by your physiotherapist, or until you are able to walk normally, without limping. Store crutches upside down when not using them.

Home Exercises

Repeat the following exercises 4 times a day, 10 of each.

Exercise 1

Lie on the bed with a rolled up towel placed under your heel to allow your knee to hang into extension (2 times a day for 10 minutes)



Exercise 2

Ankle pumps

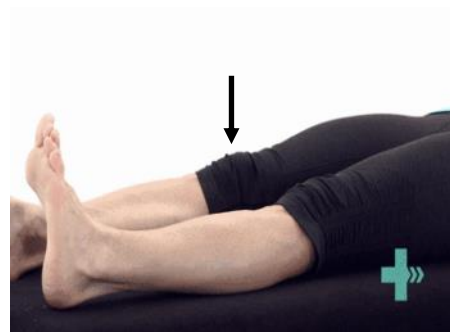
With your legs outstretched, wiggle your toes, pump your ankles up and down and rotate your ankles clockwise and anticlockwise.



Exercise 3

Static quadriceps contraction

Press the back of your knee into the bed. Hold for 5 seconds. Repeat 10 times.



Exercise 4

Knee flexion on the bed AND/OR chair

Slide your heel towards your bottom and aim to keep your knee pointing to the ceiling.

In the chair, slide your foot backwards. You can use your other foot to help push it back further.



Exercise 5

Inner range quads

Place your knee on a rolled up towel, push your knee into the towel and raise your ankle off the bed. Hold for 5 seconds. Repeat 10 times.



Exercise 6

Patella mobilisations

Move your kneecap from side to side, up and down to avoid stiffness. You can do this from 7-10 days after surgery., once swelling is reduced.



Stairs

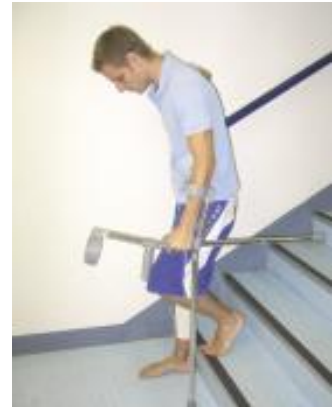
Going up

1. Hold the hand rail and have both crutches in the other hand as shown.
2. Place the non-operated leg onto the step.
3. Take the operated leg onto the same step (crutch comes up last).



Going down

1. Hold the hand rail and have both crutches in the other hand.
2. Place the crutch down first and then the operated leg.
3. Bring the non-operated leg down onto the same step.



If you do not have rails on your stairs / steps, use the above pattern but with 2 crutches.

Physiotherapy

Before you are discharged, you will receive your outpatient Physiotherapy appointment. This will be in around 2 weeks time. If you have not received an appointment or wish to change your appointment please contact the Physiotherapy department on **02380258406**

What to expect after the operation:

Day 0-1

Your Physiotherapist will teach you the exercises and help you get out of bed. You will walk with a walking frame and progress to crutches when you are ready.

Day 1 –3

You will continue to mobilise with crutches and complete exercises. You will practice on the stairs / steps if you have them at home. Once completed, you are safe to be discharged home to continue with your rehabilitation and recovery.

2 Weeks post-op:

You will see the outpatient nurse who will remove your clips / stitches and check your wound. You will also see the Physiotherapist who will check your mobility and exercises and progress these as able. You will need transport to get to these appointments as you will not be able to drive for up to 6 weeks post operation.

3-12 Weeks post-op:

Your Physiotherapist will discuss with you what they recommend for your further post-op rehabilitation. The majority of people are discharged after 3-4 sessions.

FAQ's

How much should I be doing after my surgery?

Remember to move little and often. For the first two weeks aim for short frequent walks in the house, using your crutches. After two weeks you can gradually increase your walking distance and time, build up slowly and do take a rest day if your knee becomes sore.

How long should I use pain relief for?

You should continue with regular pain medication for at least two weeks after surgery. This ensures you can do your exercises and keep mobile. You can then begin to wean yourself off pain medication when you are back doing all your usual activities of daily living.

Is it painful?

Yes the surgery is painful. This is why it is important to take pain medication as instructed, use ice on your knee and do the exercises to help with muscle stiffness and soreness. You can expect the knee to feel sore and uncomfortable for up to 3 months post-op.

When will I be able to return to normal activities?

Within 6 weeks you should find you are back to most day to day activities, such as driving, walking, housework. You can start breast-stroke swimming and golf at 12 weeks. For other sports and activities your Physiotherapist will be able to guide you.

When will I be able to return to work?

This depends on your occupation, sedentary occupations usually find they can gradually return to work after 6-8 weeks. For manual jobs we would recommend at least 12 weeks off work.

If you have any problems or concerns please telephone:

023 8025 8406

It is company policy to provide credit/debit card details on arrival of appointments.

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