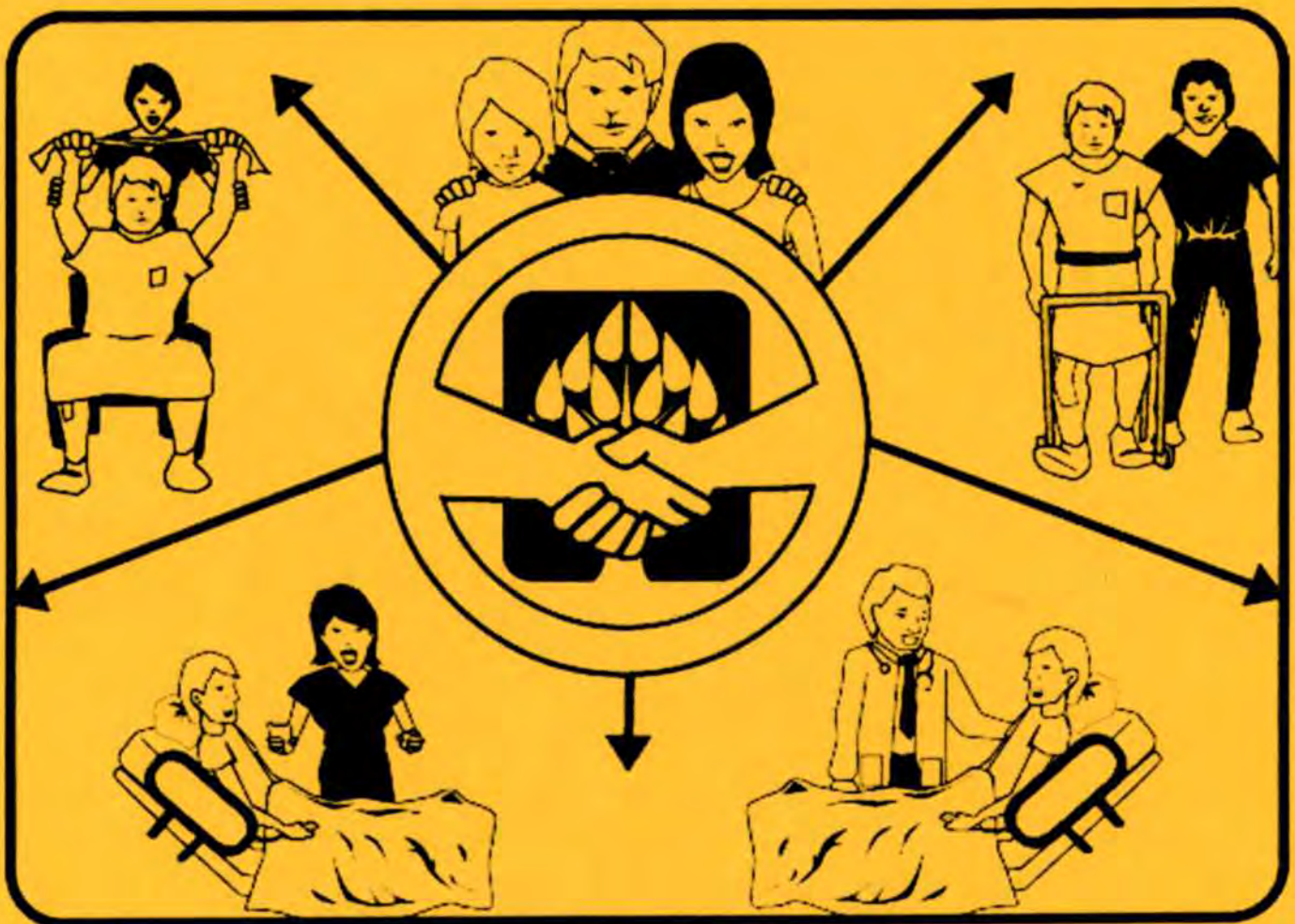




# Rehabilitation

after

## Total Knee Replacement



**“It’s a Joint Effort!”**

# MOVE...

for your best outcome.

# M

Move your knee. Bend it. Straighten it.

# O

Observe your pain. Take pain medicine regularly to keep pain under control.

# V

Value your role in the plan.

# E

Exercise. Walk often every day. Increase your distance and time as able and as your doctor or therapist says.

# Things You “Knee-d” to Know After Your Total Knee Replacement

## Pain:

### **Do's:**

- Do keep taking your pain medicine as ordered until your first doctor visit.
- Do your exercises 45 minutes after taking pain medicine.
- Do expect that the pain medicine will reduce your pain, but it will not stop it completely.
- Do try ice (20 minutes on, 20 minutes off), and prop your knee higher than your heart often to reduce pain and swelling.
- Do tell your therapist, nurse, or doctor if your pain is more than you can handle.

### **Don'ts:**

- **Don't** apply heat directly to your knee until your doctor or therapist says you can.

## Exercise:

### **Do's:**

- Do your exercises 3 to 4 times a day and record them on your Exercise Report Card (see separate page).
- Do your leg bridging and knee bending exercises every day. These are the two most important exercises.
- Do remember to use ice after you finish your exercises.
- Do remember that doing your exercises is the key to good results.

### **Don'ts:**

- **Don't** use weights for your leg exercises.

(continued)

## Things You "KNEE-d" To Know Continued...

### Activities:

#### **Do's:**

- Do let your knee bend as much as you can when you sit down, put socks and shoes on, and walk.
- Do use your crutches or walker until your doctor or therapist tells you to stop. Your weight bearing status with walker or crutches is:
  - Weight bearing as tolerated
  - Non weight bearing
  - Partial weight bearing
  - Other: \_\_\_\_\_

#### **Don'ts:**

- **Don't be afraid to use your new knee. It's ready to be used.**
- **Don't rest in bed with a pillow supporting your operated knee in a bent position.**
- **Don't kneel on your operated knee.**

### Preventing Bladder Infections:

- Drink 6-8 glasses of fluids daily unless your doctor has limited how much you can drink. This does not include fluids with caffeine or alcohol.
- Empty your bladder often.
- **Let your therapist, nurse, or doctor know if you have burning when emptying your bladder.**

### Preventing Blood Clots:

- Do your exercises and walk often throughout the day.
- Take your medicine.
- Wear TED (support) hose if ordered by your doctor.
- **Let your therapist, nurse, or doctor know if you have increased swelling, redness, warmth, or pain in your calf or groin, shortness of breath, or fever.**

### Signs of Infection:

**Let your therapist, nurse, or doctor know if you develop the following:**

- Fever greater than 100.5 degrees.
- Any change in drainage from your surgery site including color and/or odor.
- Redness or warmth around the surgery site.

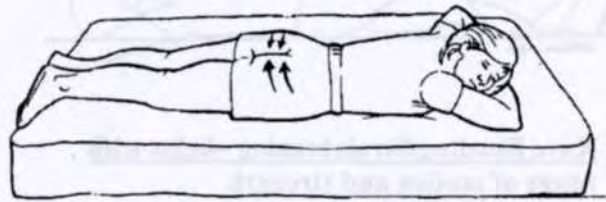
# Exercise Program for the Total Knee Replacement Patient

## Basic Exercises



### Ankle Pumps – helps reduce swelling and risk of blood clots

- Pump your ankles up and down briskly while lying in bed or sitting in a chair.
- Do this exercise at least 10-30 times each hour.



### Gluteal Sets – helps with strength

- Lie on your back.
- Tighten your buttocks together as shown.
- Hold 5 seconds, relax.
- 10-30 repetitions, 4 times a day.



### Quadriceps Sets – helps with strength

- Lie on your back with your operated leg straight.
- Press the back of your operated knee down into the bed to tighten the muscle on the top of your thigh.
- Hold 5 seconds, relax.
- 10-30 repetitions, 4 times a day.



### Hamstring Sets – helps with strength

- Lie on your back with your operated knee bent slightly.
- Press your heel into the bed to tighten the muscles on the back of your thigh.
- Hold 5 seconds, relax.
- 10-30 repetitions, 4 times a day.

## Knee Strengthening and Range of Motion Exercises



### Knee Bending/Straightening –helps with range of motion and strength

- Slide the heel of your operated leg up toward your buttocks bending your knee until you feel a stretch. You may also use a sheet around your foot to assist the movement.
- Straighten your leg, pressing your knee down into the bed.
- 10-30 repetitions, 4 times a day



### Straight Leg Raise – helps with strength

- Lie on your back with your operated knee straight and the other knee bent as shown.
- Point your toes toward the ceiling and push your knee down into the bed. Keep your leg completely straight and raise it about six inches off the bed.
- Hold 5 seconds and slowly lower
- 10-30 repetitions, 4 times a day



### Short Arc Quad – helps with strength

- Lie on your back with a towel roll under your operated knee
- Raise your heel off the bed until your knee is straight
- Hold 5 seconds and slowly lower
- 10-30 repetitions, 4 times a day



### Long Arc Quad – helps with strength

- Sit on the edge of the table or bed. Place a small towel roll under your operated knee.
- Straighten your knee fully. Be sure to sit up straight – do not lean back.
- Hold 5 seconds and slowly lower.
- 10-30 repetitions, 4 times a day

# Exercise Report Card

## Knee Stretches



### Bridging – helps with straightening your knee

- Lie on your back with a towel roll or pillow under the ankle of your operated leg.
- Rest in this position to your tolerance up to 20 minutes.
- Repeat 3 times a day.



### Knee Bending

- Sit in a chair with your operated foot close to the base of the chair.
- Scoot forward toward the edge of the chair as far as you can bending your operated knee. You should feel a stretch.
- Hold 5-20 seconds.
- 10-30 repetitions, 4 times a day.



### Knee Straightening

- Sit with operated leg propped as shown
- Relax, letting your leg straighten.
- Hold to your tolerance up to 20 minutes.

# Exercise Report Card

Check the box each time you do all the exercises your therapist tells you to. Rate your pain each day on a scale of 0 - 10 (0 = none, 10 = pain so bad you need to go to the emergency room). Your therapist will record your active assisted range of motion (AAROM) when he/she treats you.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pain Level:	____/10	____/10	____/10	____/10	____/10	____/10	____/10
AAROM:	_____	_____	_____	_____	_____	_____	_____
Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pain Level:	____/10	____/10	____/10	____/10	____/10	____/10	____/10
AAROM:	_____	_____	_____	_____	_____	_____	_____
Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pain Level:	____/10	____/10	____/10	____/10	____/10	____/10	____/10
AAROM:	_____	_____	_____	_____	_____	_____	_____
Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pain Level:	____/10	____/10	____/10	____/10	____/10	____/10	____/10
AAROM:	_____	_____	_____	_____	_____	_____	_____

# Useful Tips to Save Energy

It will be important for you to use your energy wisely when you go home. Think about which tasks are most important and the easiest way to do them. "Work" can include anything from bathing, dressing, cleaning, and cooking, to returning to your job. By doing only necessary things, you will have more energy left for leisure activities.

## Basic Techniques for Daily Activities:

- Plan tasks ahead of time and take rest breaks.
- Sit down as much as you can.
- Arrange your living space so that it is comfortable.
- Gather all items and place within your area before starting a task.
- Pick up loose rugs from the floor. You can use non-skid rugs or tack down loose rugs with carpet tape to reduce the risk of slipping and falling.
- Ask for help when you need it.

## Dressing:

- Wear loose, comfortable clothing. Elastic bands are helpful.
- Gather all items before you sit down to start dressing.
- Put on both underpants and trousers over your feet and pull up to your knees while sitting, then stand up to pull clothes to your waist.
- Don't be afraid to bend forward to put pants over your feet or to put on your socks and shoes. You can place the foot of your operated leg up on a chair to help you with these tasks.
- If you can't reach your feet, your therapist may show you how to use special equipment to help you dress.

## Showering:

- Place all items within reach in the shower.
- If you only have a bathtub without a showerhead, you may need to get a hand-held shower hose.
- Sit on a secure shower/tub seat or bench to undress, bathe, dry, and dress.
- Make sure you have a non-skid surface or use a rubber mat on tub/shower floor. A shower is usually allowed after no drainage is seen at the surgery site.
- Check with your doctor for information on when you will be able to take a shower.

# Stair Climbing with a Walker

**Note:** This is only one way you can go up or down stairs with a walker. Follow your physical therapist's instructions for the best way for you.

## Going Up:



\*Operated leg is shaded

1. Keeping the walker in front of you, back up as close as possible to the first step. Have your partner face you and hold onto the walker to steady it.
2. Using the walker put your weight through your arms and step up with your good leg. Follow with your operated leg.
3. Lift the walker up to the step. The back two legs will be on the step and your partner will support the front two legs as shown.
4. Repeat steps 1-3 to continue up the stairs. Have your partner go up with you, keeping the front legs of the walker level with the steps until you reach the top.

## Going Down:



\*Operated leg is shaded

1. Place the back legs of the walker one step down. Have your partner hold the walker level in front of you, supporting it with his/her thigh (front legs of walker don't touch the stairs).
2. Using the walker shift your weight through your arms and step down with your operated leg. Follow with your good leg.
3. Repeat steps 1-2 to continue down the stairs

Notes:

Notes



## **REHABILITATION SERVICES**

**SPEECH THERAPY • OCCUPATIONAL THERAPY • PHYSICAL THERAPY**

**HOME HEALTH REHAB: 214-345-4663**  
**OUT PATIENT REHAB /JACKSON: 214-345-7680**  
**IN PATIENT REHAB/JACKSON: 214-345-7696**  
**ACUTE CARE REHAB/MAIN: 214-345-7480**



**Presbyterian  
Hospital of Dallas**  
Texas Health Resources