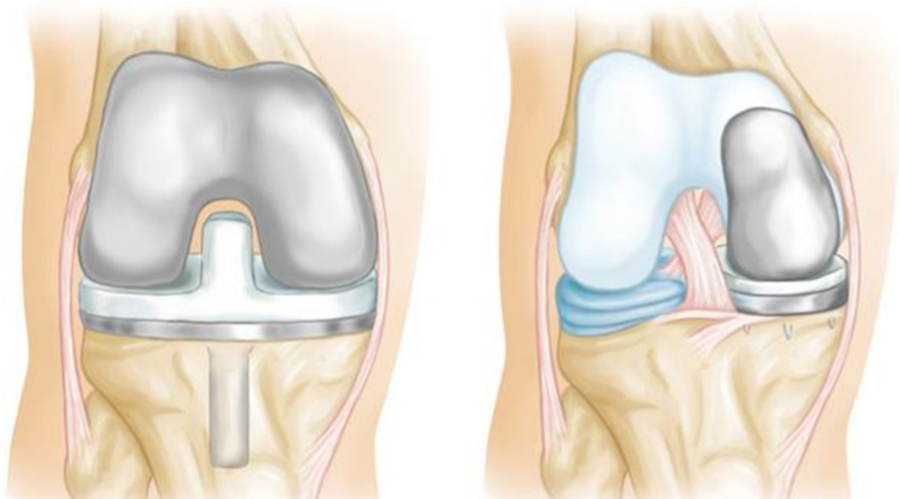


Exercise and guidance following Knee Replacement

Physiotherapy & Occupational Therapy

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.



Introduction

This leaflet is for patients who have had surgery to replace their knee joint. It will explain the exercises you need to do following your surgery and provide general advice on your recovery.

This leaflet is split into three sections:

1. General advice following your surgery
2. General mobility advice for safety
3. An exercise programme to support recovery

Your physiotherapist will tell you which exercises you should be working on at any given time and will go through this with you whilst you are in hospital. **Please do not attempt any exercises other than the ones your physiotherapist tells you to.**

Who should I contact if I have any concerns or questions about my physiotherapy?

If you are worried about any aspect of your physiotherapy please speak to the physiotherapist responsible for your care. Messages can be left on the following numbers during normal working hours (Monday to Friday, 8:30am to 4:00pm) for your physiotherapist to call you back.

New Cross Hospital: 01902 695596

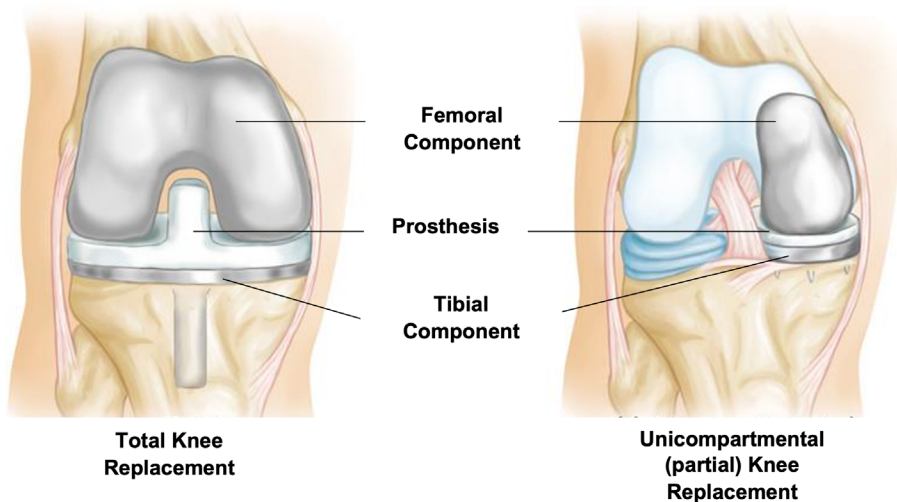
Cannock Chase Hospital: 01543 576590

In the very unlikely case that you require physiotherapy advice outside of these hours please contact the ward you were discharged from.

If you are concerned by excessive swelling, pain or any other post-operative symptoms you can contact the 'back in trouble clinic' for advice: 01902 695380

Knee Replacement Surgery

A knee replacement is an operation to relieve pain mainly caused by arthritis or injury of the knee. There are many types of knee replacements including a Total and Unicompartmental (partial) procedure. During your knee replacement surgery your consultant will remove the parts of the joint that have been damaged and replace them with new components made from metal and plastic. Your surgeon will discuss and select the right replacement for you. The aim of the surgery is to offer pain relief, and in most cases improve range of movement, function and quality of life. Most knee replacements can approximately last between ten to fifteen years.



General Advice After Surgery

Swelling and Bruising

The amount of swelling and bruising may vary. Swelling can appear around the knee but can also travel as far down as the ankle and foot or track up and into your groin and may last for some time.

Rest periods on the bed with your legs elevated are important to reduce the swelling. Knee movement and exercise are also important to reduce swelling. Do not place pillows directly underneath the knee as this can cause stiffness.

Pain and Stiffness

While your knee replacement is healing it is perfectly normal to have a lot of pain and discomfort in your operated knee in the first few weeks.

Walking and exercises will help to reduce stiffness and strengthen your knee over time. Your physiotherapist will recommend a rehabilitation plan to suit you.

How do I take my pain relief medication?

Whilst you are in hospital you will be prescribed painkillers. It is important to take these to help your recovery if in pain.

- You should take your pain relief as advised by your doctor / nurse
- You need to take adequate pain relief regularly, as advised
- Your exercises are best performed thirty minutes after taking your medication

Ice Therapy

Ice can be used to reduce swelling, bruising and discomfort. Do not use until your physiotherapist advises.

1. Cover your knee with a towel to protect your skin
2. Put a bag of ice / frozen peas onto your operated knee
3. Check the area every five minutes. Leave in place for a maximum of **20 minutes**
4. After removing the ice do not re-apply again for **at least 40 minutes**

Please note

If you feel a burning sensation or pain, you should remove the ice and discontinue use. Always keep the recommended time and protect your skin.

Guidance for mobilising

Why is mobility important?

After your surgery the physiotherapist will teach you how to walk safely with elbow crutches. This will help to reduce pain, stiffness and swelling.



1. Place both crutches forward keeping them shoulder width apart
2. Step your operated foot up to the crutches
3. Step your non-operated leg alongside your operated foot
4. Repeat

© Physiotools

Walking Diary

Record how many minutes you have walked every day into this walking diary below to monitor your overall progression. You should try a short walk up to four times day.

Day by day gradually increase the distance and length of time you walk with your crutches to improve your tolerance.

Day	Week 1	Week 2	Week 3
Monday	E.g. 5-6 Minutes timed walk, 3 times today	E.g. 9-10 Minutes timed walk, 4 times today	E.g. 10-15 Minutes timed walk, 4 times today
Tuesday			
Wednesday			
Thursday	E.g. 7-8 Minutes timed walk, 3 times today	E.g. 11-12 Minutes timed walk, 4 times today	E.g. 16-20 Minutes timed walk, 4 times today
Friday			
Saturday			
Sunday			

Getting off your crutches

Normally after four weeks your knee pain will reduce. You can usually progress to using one elbow crutch first using it in the opposite hand to your operated leg.

Your physiotherapist may progress your walking using other equipment.

It is usually a good idea to start with walking indoors to build our confidence. It is OK to go for short walks outside as your confidence builds whilst using your walking aids.

Do not try to hobble around without using anything as this may encourage bad walking habits. Progress off your crutches if you have a good walking pattern

What do I do with my crutches when I have finished with them?

Check the supplier information written on your crutches:

South Staffordshire – On your crutches there is a barcode. Ring Mediquip on 01785 273 950. Inform them of the 8-digit number that is on the sticker with the barcode located on your elbow crutches. Mediquip will then arrange collection from your home.

Wolverhampton – Bring these back to your clinic or physiotherapy appointment with you and they will be collected from there.

Guidance for stairs

Climbing Upstairs



© Physiotools

- Use a handrail if one is available and an elbow crutch on the opposite side. On steps or stairs without a rail you will need to use two crutches
- Place the non-operated leg up on the step above
- Bring your operated leg up to join it
- Finally bring up the crutch

Going Downstairs



© Physiotools

- Use a handrail if one is available and an elbow crutch on the opposite side. On steps or stairs without a rail you will need to use two crutches
- Place the crutch down on the step below
- Followed by your operated leg
- Finally bring the non-operated leg down

Exercises

These exercises are important for preventing stiffness and building the strength your knee requires. The following exercises should be completed four times a day. You should be shown these also after your operation and performing them is also vital to the success of your knee operation. You will be taught these exercises pre surgery or on the ward. The outcome of your knee replacement operation is down to the patient and performing your exercises consistently for the first 12 weeks.

Please note: Taking pain relief thirty minutes before your exercises may improve your comfort.

If comfortable with an exercise, consider increasing the number of times you repeat to progress your recovery.

Please use the QR link below to watch a video demonstration of the total knee exercises:



Seated Knee Flexion



- 1. Sit up straight with both feet supported on the floor
- 2. Slide your operated leg backwards and bend your knee until you feel a stretch. Hold the position for 10 seconds
- 3. Return to the starting position
- 4. Repeat 5-10 times

© Physiotools

Date:

	Mon				Tues				Wed				Thurs				Fri				Sat				Sun			
	Tick times a day				Tick times a day				Tick times a day				Tick times a day				Tick times a day				Tick times a day				Tick times a day			
Times a day	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
Week 1																												
Week 2																												
Week 3																												

Static Quadriceps Contraction



- 1. Lie on your back with your operated leg straight
- 2. Pull your toes towards you and straighten your knee firmly so that it presses towards the bed
- 3. Hold the position for ten seconds
- 4. Repeat 5-10 times

© Physiotools

Date:

	Mon				Tues				Wed				Thurs				Fri				Sat				Sun			
	Tick times a day				Tick times a day				Tick times a day				Tick times a day				Tick times a day				Tick times a day				Tick times a day			
Times a day	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
Week 1																												
Week 2																												
Week 3																												

Inner Range Quadriceps



© Physiotools

1. Lie on your back with your operated leg straight and place a rolled-up towel under the knee
2. Pull your toes towards you and straighten your knee so that your foot lifts off the bed
3. Keep the back of your knee against the towel roll
4. Hold for 5 seconds and slowly return to the starting position
5. Repeat 5-10 times

Date:

	Mon				Tues				Wed				Thurs				Fri				Sat				Sun			
	Tick times a day				Tick times a day				Tick times a day				Tick times a day				Tick times a day				Tick times a day				Tick times a day			
Times a day	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
Week 1																												
Week 2																												
Week 3																												

Straight Leg Raise



© Physiotools

1. Lie on your back with your operated leg straight
2. Pull your toes towards you and straighten your knee. Lift your leg no more than 5 centimetres (or 2 inches) off the bed. Hold for 5 seconds
3. Slowly lower the leg back to the starting position
4. Repeat 5-10 times

Date:

	Mon				Tues				Wed				Thurs				Fri				Sat				Sun			
	Tick times a day				Tick times a day				Tick times a day				Tick times a day				Tick times a day				Tick times a day				Tick times a day			
Times a day	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
Week 1																												
Week 2																												
Week 3																												

Resting Positions

It is important to vary your knee position at rest. Have periods elevating your leg onto a stool to extend the knee and sit upright resting your feet onto the floor to allow the knee to bend.

Leg Elevation



© The Saunders Group Inc

1. Sit up straight with your operated leg resting on a stool
2. Relax allowing the knee to straighten. The structures at the back of the knee may stretch
3. When this position becomes comfortable slowly move your toes towards you and away from you to help stretch your calf muscle
4. Gently bend the knee every 10 minutes to reduce stiffness

Sitting



© Physiotoools

1. Sitting on a chair with good back support
2. Gently allow the operated knee to bend. You may feel a stretch at the front of the knee
3. Gently straighten and bend your operated knee every 10 minutes to reduce stiffness

Exercises to start from 2 weeks



© Physiotools

1. Sit on a chair with one leg straight in front of you
2. Place your hands on your thigh just above the knee cap. Lean forwards keeping your back straight. Straighten your knee assisting the stretch with your hands. Hold 30 seconds. Repeat 3 times. X3 per day



© Physiotools

1. Long sitting. Put a band around your foot
2. Bend your knee as far as possible. Gently pull the band to bend your knee a little more. Hold 10 secs
3. Repeat x10 3-4 times a day times



© Physiotools

1. Sit on the edge of a table or chair
2. Cross ankles as shown, with the operated knee on the bottom
3. Press downward with the upper leg so that you feel a stretch
4. Hold 30 seconds
5. 10 repetitions, x3-4 times per day



© Physiotools

1. Stand and hold onto a sturdy object. Push up on your toes. Repeat 10 times
2. x3 sets during the day



© Physiotools

1. Stand and hold onto a sturdy object. Mini squat as far as is comfortable. Repeat 10 times. x3 sets during the day

Exercises to start from 4-5 weeks onwards to 12 weeks.



© Physiotools

1. Stand in front of a 20 - 40 cm step. Hold onto your banister
2. Step up with your operated leg 10 times with one leg leading. Repeat 3 times during the day



© Physiotoools

1. Stand on one leg on a step facing down. Hold onto a banister as needed
2. Slowly lower yourself by bending your knee to 30 degrees. Return to starting position. It is normal this is painful initially. Repeat 10 times. x3 per day



© Physiotoools

1. Sitting with your arms crossed
2. Stand up and then sit down slowly on a chair. (This can be made easier and more difficult by changing the height of the chair) Repeat 10 times. x3 per day



© Physiotoools

1. Sit on a chair with one leg straight in front of you
2. Place your hands on your thigh just above the knee cap. Lean forwards keeping your back straight. Straighten your knee assisting the stretch with your hands. Hold 30 seconds. Repeat 3 times. x3 per day



© Physiotools

1. Stand on one leg
2. Push up on your toes.
Repeat 10 times. x3 per day



© Physiotools

1. Stand. Hold onto a support and bring one leg slightly backwards
2. Bend your knee and lift your foot off the floor. Hold 5 secs. Repeat 10 times. x3 per day

General Daily Advice

How should I sleep?

You may feel more comfortable on your back or lying on your side with a pillow between your knees to relieve the pressure. Please do not put a pillow underneath your knee as this will restrict blood flow and cause stiffness in the joint, making it more difficult to move.

How do I get in and out of a car?

Ensure the car is always parked away from the curb. You will need assistance to open the car door and push the passenger seat all the way back.

Getting into a car

1. With your walking aid in front of you, slowly walk backwards towards the open door

2. Slowly sit down on the car seat
3. With your legs together, pivot into the car. Lean backwards to help clear your feet if you are struggling to fully bend your knee

Getting out of a car

1. With your legs together, pivot your legs out of the car. Lean backwards to help clear your feet if you are struggling to fully bend your knee
2. If safe, use your walking aid or have assistance to stand up out of the car

Things to consider before going home

- Do not undertake any major decorating before your admission that leaves your house unsafe
- Remove or move loose rugs, trailing electrical wires and make sure the lighting is good to reduce the risk of you tripping or falling
- Think about asking someone to come and stay with you if you think you may need help once you are home
- Ask friends or family for help with shopping, cleaning or looking after pets if you think you may find this difficult
- Think about personal hygiene as you may find it difficult to bath or shower
- Have a landline or mobile phone in close contact in case needed for emergencies
- Stock up the freezer with precooked food or microwave meals
- Keep everyday kitchen items in easy reach
- If there is room, have a table and high chair to eat at or a high chair by a work surface so you do not have to carry your meals from room to room

Useful Contact Numbers

- **What do I do with my crutches when I have finished with them?**

Check the supplier information written on your crutches:

South Staffordshire – On your crutches there is a barcode. Ring Mediquip on 01785 273 950. Inform them of the 8-digit number that is on the sticker with the barcode located on your elbow crutches. Mediquip will then arrange collection from your home.

Wolverhampton – Bring these back to your clinic or physiotherapy appointment with you and they will be collected from there.

Other equipment enquiries:

Equipment returns Wolverhampton residents: 01902 553645

Equipment returns South Staffordshire residents: 0845 4505579

- **Patient transport services New Cross:** 01902 694999

Free transport for patients unable to travel to their appointments due to their medical condition

- **Neville Garrett Centre:** 01902 553652

Independent living and community equipment services in Wolverhampton. Provides information and assessments for adaptations and equipment to help improve independence.

Opening times: 9:00am – 12:30pm / 1:30pm – 4:00pm

- **Benefits Advice Line Wolverhampton:** 01902 482000

- **Age UK Wolverhampton:** 01902 572060

Age UK Staffordshire: 01785 788477

Services for those aged 50 and over including visiting and befriending, social activities, benefits advice and community care services. Services may vary depending on region

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。