



## KNEE REPLACEMENT GUIDELINES

- No rolled towels or pillows under the operated knee.
- There will be some pain with increased activity. Be sure to take your pain medication regularly as prescribed by your doctor.
- Ice and elevate your knee for 20 minutes, three times a day, using a towel as a barrier to protect your skin.
- Walk a few minutes each hour but be sure not to overdo it as it may increase swelling and pain.
- Each time you stand, tighten the muscle on the front of your thigh and straighten your knee.
- As you walk, focus on striking your heel to the ground and pushing off with the toe, then bend your surgical knee as you swing it forward.

## STRETCHING EXERCISES

Work on increasing knee range of motion every hour that you are awake.

### Knee Straightening Exercise (In bed or chair)

Place a towel under your ankle. Relax your leg and allow gravity to straighten your knee.

Hold for 30 seconds, rest and repeat 2–3 times.



While seated in a chair, prop your foot up on another chair. Relax your leg and allow gravity to straighten your knee.

Hold for 30 seconds, rest and repeat 2–3 times.



### Knee Bending Exercise (In bed or chair)

Heel slide with use of strap or towel: Position a strap around the bottom of your foot. Bend your knee and slide your heel toward you. Use the strap to pull your heel closer to increase the bend in your knee.

Hold for 30 seconds, rest and repeat 2–3 times.



### Seated knee flexion: Exercise

In a seated position, slide your foot back to a bent knee position. Keep your foot planted on the ground and scoot forward until a stretch is felt at the knee.

Hold for 30 seconds, rest and repeat 2–3 times.





### STRENGTHENING EXERCISES

#### Ankle Pump Exercise

Bend your foot up and down at your ankle joint as shown. Hold for 1 second.

Repeat 10 times. Do hourly while you are awake.



#### Short Arc Quad Exercise

Place a rolled up towel or object under the knee of your operated leg and slowly straighten your knee as you raise up your foot.

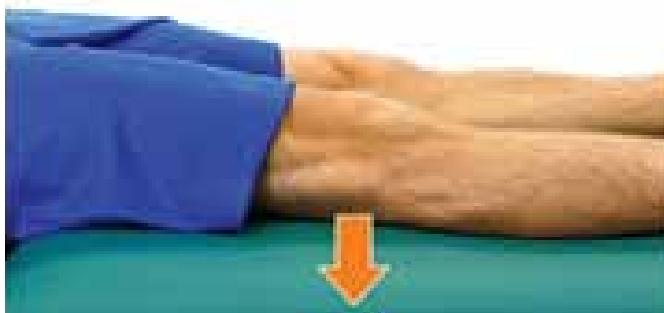
Hold for 5 seconds.

Repeat 10 times. Do 3 sessions per day.



#### Quad Sets – Supine Exercise

Tighten your top thigh muscle as you attempt to press the back of your knee downward toward the bed. Hold 5 seconds. Repeat 10 times. Do hourly while you are awake.



#### Long-Arc Quad Exercise

While seated with your knee in a bent position and your heel touching the ground, slowly straighten your knee as you raise your foot upwards as shown. Lower your foot back down until your heel touches the ground.

Repeat 10 times.

Do 3 sessions per day.



#### Heel Slides – Supine Exercise

Lying on your back with knees straight, slide the heel of the operated leg towards your buttock as you bend your knee.

Hold a gentle stretch for 5 seconds in this position then return to original position.

Repeat 10 times. Do 3 sessions per day.

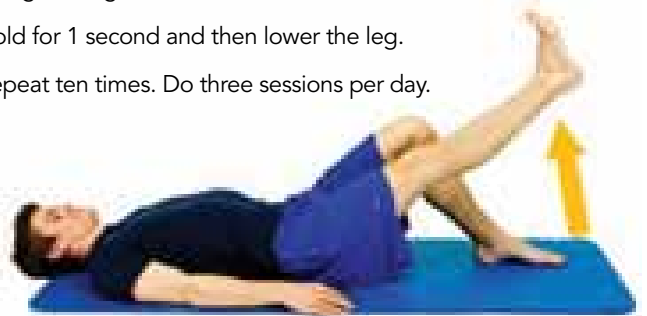


#### Straight-Leg Raise Exercise

While lying, raise your operated leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground. Hold the leg as straight as you can while lifting the leg.

Hold for 1 second and then lower the leg.

Repeat ten times. Do three sessions per day.





## POST-SURGICAL CARE: OCCUPATIONAL THERAPY

After your surgery, you may have an occupational therapist (OT) evaluate you. The occupational therapist will go over your upper body strength, range of motion and your ability to complete your activities of daily living (ADLs). They will teach you to complete ADLs such as dressing, bathing, toileting, grooming and hygiene, while maintaining any activity limitations you may have. The occupational therapist will also ask you questions about your home and bathroom setup. Shower training may be performed and a shower chair may be recommended if you are unsteady on your feet. The occupational therapist will develop a program for you and may suggest special equipment, such as a reacher or a sock aide, to help you progress toward independence. Bring a pair of shorts or loose pants and closed-heel shoes to practice lower body dressing.

## LOWER BODY DRESSING AFTER HIP OR KNEE SURGERY

### Applying socks

- Slide the sock onto the sock aide.
- Use the cords to place the sock aide on the floor in front of the foot on the operated leg.
- Place foot into the sock aide.
- Pull on cords until sock slips onto your foot and the sock aide is free. Repeat on the other side.



### Applying pants / shorts / undergarments

- In a seated position, use a dressing stick or reacher to hold the item by the waist band.
- Lower the item to the floor in front of the operated leg. Slip the item over the operated leg first, then over the non-operated leg.
- Pull the item up above your knees using the reacher or dressing stick. Stand with a walker, and then pull the item up all the way.

