

Knee Replacement

Information for Occupational Therapy Patients



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After your surgery, you will have to take precautions and use technical aids and equipment to:

- Get dressed;
- Wash;
- Use the toilet safely on your own;
- Protect your operated knee.

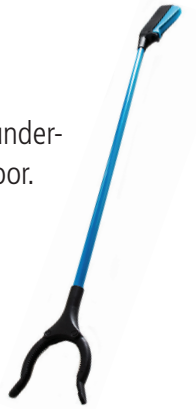
Your occupational therapist will call you before your surgery. They will explain the equipment you need and where you can get it. **Here is information on the technical aids and equipment you will need.**



Dressing

Long handle gripper: This will be useful for putting your underwear and pants on and for picking light objects up off the floor.

- To get dressed, sit on the edge of your bed or on a chair.
- Dress your operated leg first and undress it last.
- To save energy, put your underwear on and then your pants but only stand up once to pull them up.



Long handle shoehorn:

This will be useful for putting your shoes on without bending over.



Sock puller: This will be useful for putting your socks on without bending over. To use this:

- Put a sock on the technical aid;
- Slide your foot inside;
- Pull on the strings.



Elastic laces: With elastic laces, you won't have to lace and unlace your shoes.



Wear loose fitting clothing (e.g. athletic wear) and shoes that are easy to put on and that provide good foot support.



Using the Toilet



Raised toilet seat (with or without arms):
This will be at the recommended height.

Toilet frame :

This will provide you with support and will help you transfer onto the toilet.



Commode chair / urinal:

These will help you use the toilet wherever you are in the house.

Toilet wiping aid:

This will help you if you can't wipe yourself on your own.



Washing

Long handle sponge:

This will help you wash your feet and legs without bending over.



Non-slip mat:

This will help prevent you from slipping when taking a shower or bath.

Transfer bench:

This will help you get into and out of the bathtub. It allows you to swing your legs into the bathtub while sitting.



Shower chair:

This will allow you to take a shower while sitting.



Bathtub handgrip:

This will provide support when you're getting into and out of the bathtub.



Hand-held shower head:

This will let you control where the water sprays so you can wash while sitting on a bath stool or chair.



Grab bar:

This will give you something to hold onto when you're getting into or out of the bathtub or when you stand up or sit down.



Transferring into a Car, Truck, etc.

- Ask your doctor when you can start driving again.
- Avoid sitting in a vehicle for more than an hour at a time.
- When getting into a car, it's better to be at the same level (on the street or a driveway) rather than on the sidewalk or a raised surface.
- When getting into a truck, SUV or minivan, it's better (due to the height of the vehicle) to be on the sidewalk or a raised surface.

Steps involved in getting into or out of a vehicle

- 1 • Push the seat as far as back as possible.
 - Angle the seat backward slightly.
 - You can put a cushion on the seat so you're not sitting too low.
 - Put a plastic bag on the cushion so you can pivot easily.
- 2 • Back up to the vehicle.
 - Sit down (with your back toward the seat).
 - Grab onto the seat and doorframe for support.
 - Then pivot to get your legs into the vehicle.
- 3 • When getting out, repeat these steps but in the reverse order.



Other Information

Before your surgery

- Get the technical aids and equipment you will need.
- Install them and try them out so you know how they work.
- Place the objects and devices you use most often within easy reach, so you don't usually have to bend over to get them.
- Remove obstacles and rugs that you could trip on.
- Declutter your space so you can move around with a cane or walker.
- Do any yard work ahead of time and have someone do it for you while you're hospitalized and recovering.
- If you live alone:
 - a. Stock up on frozen microwavable meals;
 - b. Get help from your friends, family members or neighbours. Ask them ahead of time.

After your surgery

- Use an apron or shirt with many big pockets to carry things.
- Do tasks in the sitting position whenever possible. For example, sit at the table to cut vegetables or sit on a stool at the sink to do dishes.

IMPORTANT

Follow all the above recommendations for at least three or four months or follow your orthopedic surgeon's recommendations.

If you have questions, ask your occupational therapist:

- Occupational Therapy - Dr. Georges-L.-Dumont
University Hospital Centre, Moncton 506-862-4166
- Edmundston Regional Hospital - Occupational Therapy 506-739-2342
- Campbellton Regional Hospital - Occupational Therapy 506-289-5018
- Chaleur Regional Hospital (Bathurst)
Occupational Therapy 506-544-2334
- Tracadie Hospital - Occupational Therapy 506-394-3020

