

Total knee replacement

Guide and exercise program



Before your surgery

Advice for the preoperative phase :

Make the necessary arrangements to get a walker and cane. Since these items are not always available at the Red Cross, make arrangements to rent or purchase them as necessary:

www.redcross.ca/in-your-community/new-brunswick

- Moncton : 506-863-2650
- Tracadie : 506-395-2010
- Bathurst : 506-548-2824
- Campbellton : 506-759-8523
- Edmundston : 506-736-0050

You can start doing the exercises explained at the end of this program. We encourage you to learn how to do them before your surgery; this will help you a lot after your surgery.

Take time to organize your home so that things are easier when you get home from hospital:

- Do the housework;
- declutter areas where you move around in your kitchen, bedroom and bathroom;
- Take the time to prepare a few meals in advance;
- Arrange for someone to drive you to your future medical appointments, such as for physiotherapy.

What to bring to hospital:

- Bring closed shoes with laces (sneaker type);
- underwear for 3 or 4 days;
- Comfortable clothing (You will be given a hospital gown after you arrive due to your IV);
- Your walker (standard or two-wheel walker).



After the surgery

Day 0 – Day of surgery

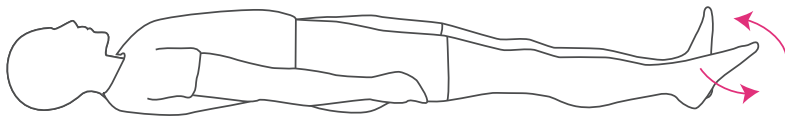
After your surgery, you will spend a few hours in the recovery room. A nurse will help you in the phase following your surgery. When you are ready, you will be transferred to your room.

If you wish, you can get up on the day of your surgery, with help from the staff, to sit in a chair or go to the washroom.

You will have to start to do your circulatory exercises (refer to the program below).

Circulatory exercises

- Faites des cercles avec es pieds.
- Bougez les orteils.
- Tirez le pied vers vous, puis pointez-le vers le matelas.
- Répétez 30 fois.
- Faites ces exercices plusieurs fois par jour.

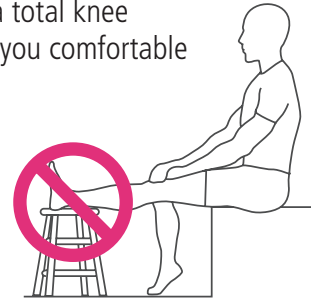


Day 1 – Day after your surgery

The physiotherapist will visit to get your rehab started.

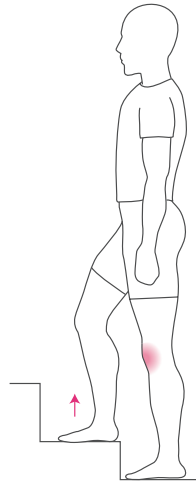
You will:

- start to do the exercises you have been taught;
- start to walk with a walker it will be explained how to adjust it;
- be able to put weight on your operated leg, as your orthopedic surgeon indicates;
- sit in the chair more regularly. The time spent in a sitting position in a chair is very important for recovery after a total knee replacement. The nursing staff will help make you comfortable in the chair.
- You are not encouraged to rest your foot on a stool after your surgery.
- You are encouraged to ice your knee for 15 or 20 minutes, 4 or 5 times per day, after your exercises and at other times to reduce the pain and swelling.



Day 2 and beyond

- You will continue the activities you did on Day 1.
- You will walk a little further with the walker each day.
- The physiotherapist will teach you the right way to go up and down stairs
- **Remember:**
 - it's your good leg that goes up first
 - it's your operated leg that goes down first.
 - A tip to remember this is "*The good go up to heaven, the bad go down*".



You will have to be able to manage on your own doing transfers and walking with a walker before you leave hospital.

Discharge from hospital

The normal hospital stay after a total knee replacement is from 2 to 4 days. The multidisciplinary team and the patient jointly decide on the timing of discharge.

To be discharged, you must be able to manage on your own:

- with a walker;
- do your exercises;
- go up and down stairs (if your home has stairs).



Your return home

You will need outpatient physiotherapy follow-up (in a private clinic, in hospital or perhaps from the Extra-Mural Program). The physiotherapist will discuss this with you before your discharge.

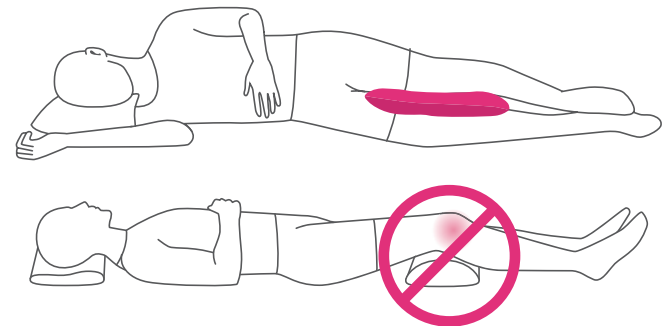
At home, you will have to:

- continue doing the exercises you have been taught;
- continue walking with your walking aid (walker and cane) as your physiotherapist recommends;

Your recovery may continue for 3 or 4 months after your surgery.

Positions

- You can lie on your back or on your side and place a pillow between your knees as needed.
- You must absolutely avoid placing a pillow or towels under your operated knee when you're lying on your back because this could harm your knee's recovery.



Walking

- You can put weight on your operated leg as recommended by your orthopedic surgeon.
- You will have to use a walker or cane (walking aid) for the first few weeks after your surgery.
- When using a cane, you must hold it on the same side as your non-operated leg.

Exercise program

You will have to do the following exercises every day during your hospitalization.

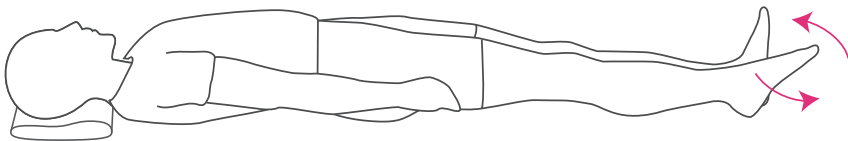
At the start of your hospitalization, the physiotherapist will give you a lot of help and support to make sure the exercises are working.

However, as you get closer to discharge, you will have to be able to do your exercises on your own.

After you return home, continue doing your exercises every day, 3 times per day.

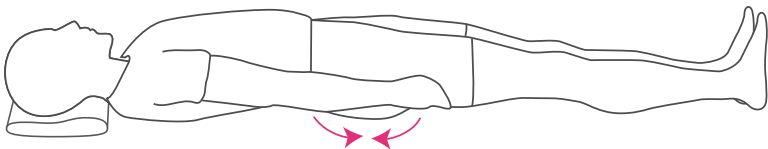
1. Circulatory exercises

- Do circulatory movements with your feet.
- Move your toes. Point your foot upward toward you, then downward toward the mattress.
- Repeat 30 times.
- Do these exercises several times a day.



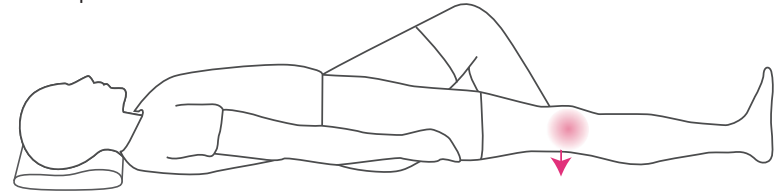
2. Isometric gluteal (buttocks)

- Tense your buttocks, hold for 5 seconds, and release.
- Repeat 10 times.



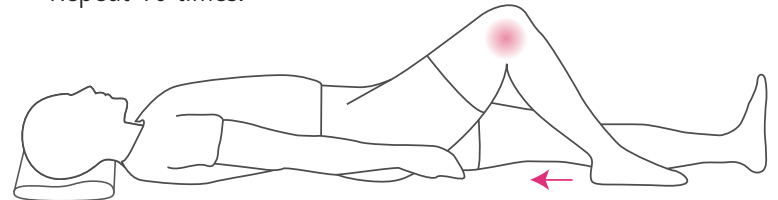
3. Isometric quadriceps (lying position)

- Stretch out your leg and press the back of your knee against the mattress while tensing your thigh muscles.
- Hold for 5 seconds and release.
- Repeat 10 times.



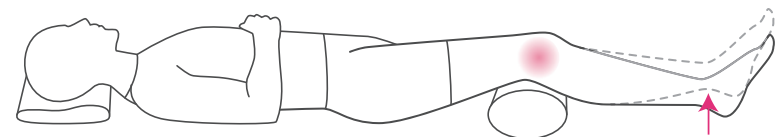
4. Knee flexion (lying position)

- Lie on your back or sit on a bed.
- Slide your heel toward you on the mattress.
- Hold for 5 seconds, then return to the starting position.
- Repeat 10 times.



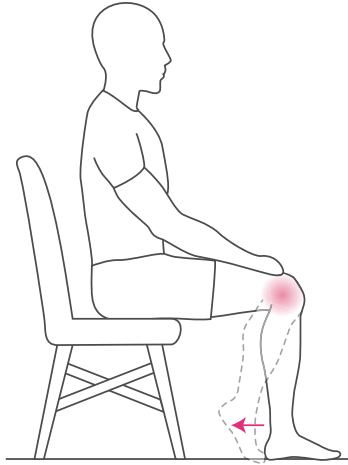
5. Terminal knee extension (in lying position)

- Lie on your back with a roll under your knee.
- Bend your toes toward you as you lift your heel from the mattress.
- Try to straighten your leg as much as possible.
- Hold for 5 seconds and release **slowly**.
- Repeat 10 times..



6. Knee flexion (sitting position)

- Sit on a chair with your feet on the floor.
- Move your foot on your operated side backward to bend your knee as much as possible (flexion).
- If you need to, you can slide forward toward the front of the seat to increase the bend (flexion).
- Hold for 10 seconds.
- Repeat 10 times.



All the best for you rehab!