

# Total Knee Replacement Rehabilitation Guide

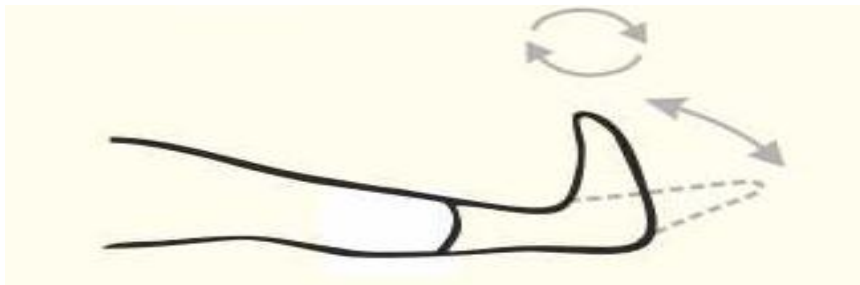
For a successful outcome of surgery after Knee replacement, rehabilitation exercises are of utmost importance. These have to be started from the day following your surgery and are gradually modified as your recovery progresses.

## General instructions

- Each individual responds differently to surgery
- Judge your own recovery and increase activities as tolerated
- Don't compare your recovery with other Knee replacement patients
- Exercises should be performed without any jerky or abrupt motion
- Bathing – Do not wet the operated area. After stitch removal, you may take bath/shower freely

## POST OP DAY 0

1. Do ankle toe pumps exercise after every 2 hours. Remember to bend your ankles up and down



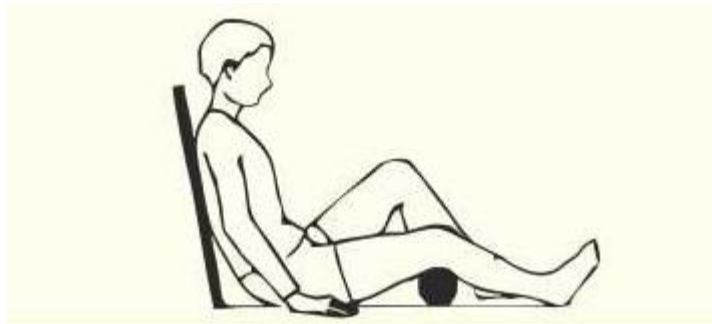
2. Deep breathing exercise every 3 hours
3. Keep a pillow in between your legs, so that your operated leg should be kept slightly abducted(away from body) position
4. You can change side(log rolling) 6-8 hours after you reach recovery room, by keeping pillow in between your legs
5. Keep on icing the operated area with ice packs every 2 hours

## POST OP DAY 1

1. Keep on repeating the Ankle toe pump exercise ater every 2 hours.
2. Keep on regularly Icing the operated knee

Do 10 reps of each of the following exercises twice daily

3. Isometrics Quads



Slowly tighten muscles on thigh of straight leg. Try to straighten your knee. Hold for 5 to 10 seconds.

4. Static Hamstring



Press the towel below your heel, hold for 5-10 seconds and then relax

5. Hip Abduction

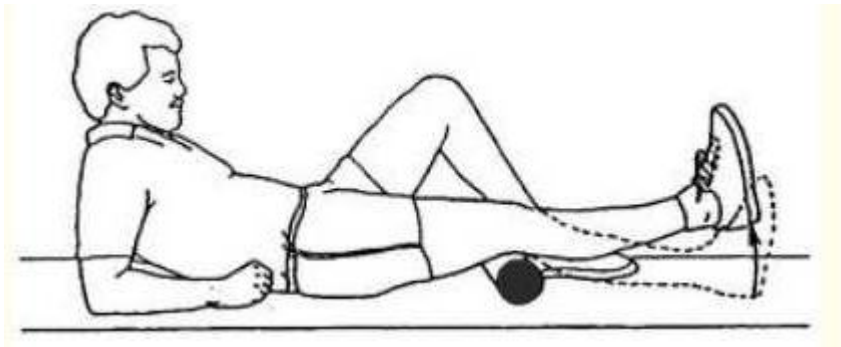


Keep your toes pointed towards ceiling. Move your leg out to the side as far as possible . slowly return to the starting position and relax.

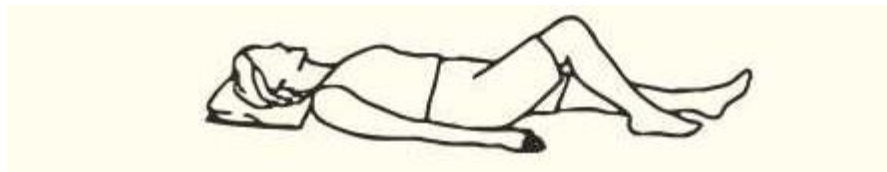
6. Assisted straight leg raise



7. VMO exercises



8. Heel Slides

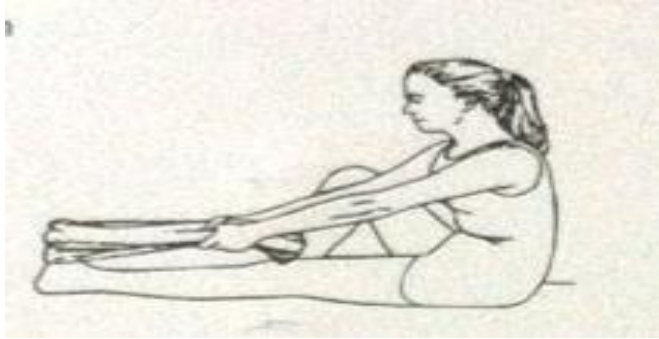


Bend knee and pull heel towards buttocks upto 30 degrees

9. High sitting with feet supported on footstep

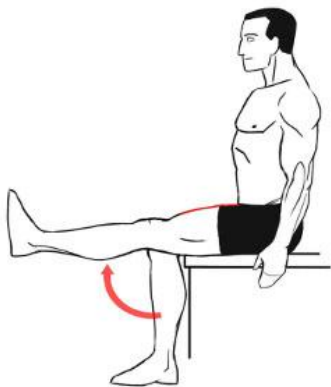


#### 10. Hamstring stretch



### POST OP DAY 2

1. Follow same as above exercises twice daily
2. Long arc quads



3. Walking with the help of walker
  - Walk 3-4 times in a day
  - All four legs of the walker should be on the ground before taking a step
  - Take small steps when turning, do not twist on operated leg



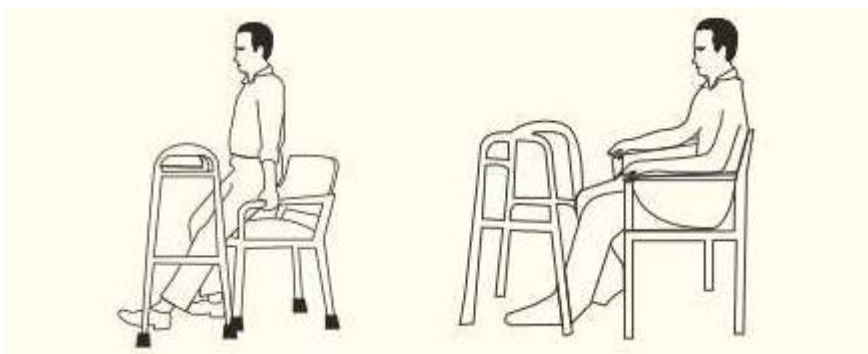
#### 4. Toilet Training

- Using a regular or raised toilet seat:
- Back up to the toilet seat until you feel it against the back of your legs
- Reach back with one hand a time to the edge of the toilet seat
- Lower yourself by bending your good leg



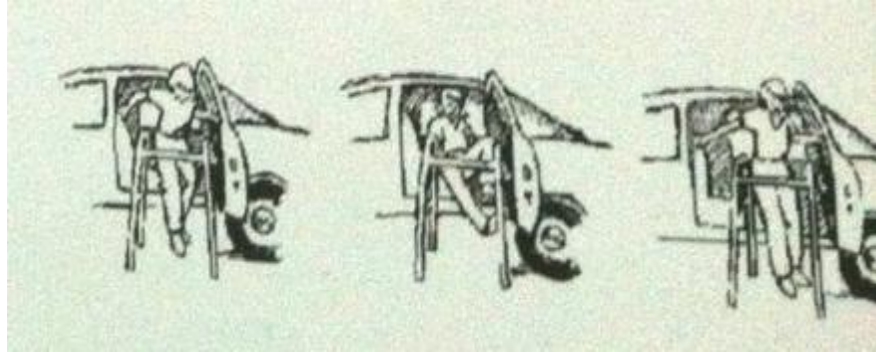
#### 5. Chair Sitting

Toilet transfer using a commode chair is just like using a regular armchair



## POST OP DAY 6

1. Continue same exercises
2. Riding in a car
  - If patient lives locally, in closer vicinity, can sit in front seat of the car. If lives in distant place, can sit in back seat of the car, keeping legs straight
  - Move the seat all the way back and recline it
  - Turn to bring one leg at a time into the car
  - Elevate your car seat with cushions



## FROM 2<sup>ND</sup> WEEK ONWARDS TILL 5<sup>TH</sup> WEEK

1. Follow same exercise regimen with increase in number of repetitions and hold time
2. Start walking with the help of stick ONLY after advice of your Doctor or Physiotherapist  
3<sup>rd</sup> or 4<sup>th</sup> week



## DISCHARGE INSTRUCTIONS

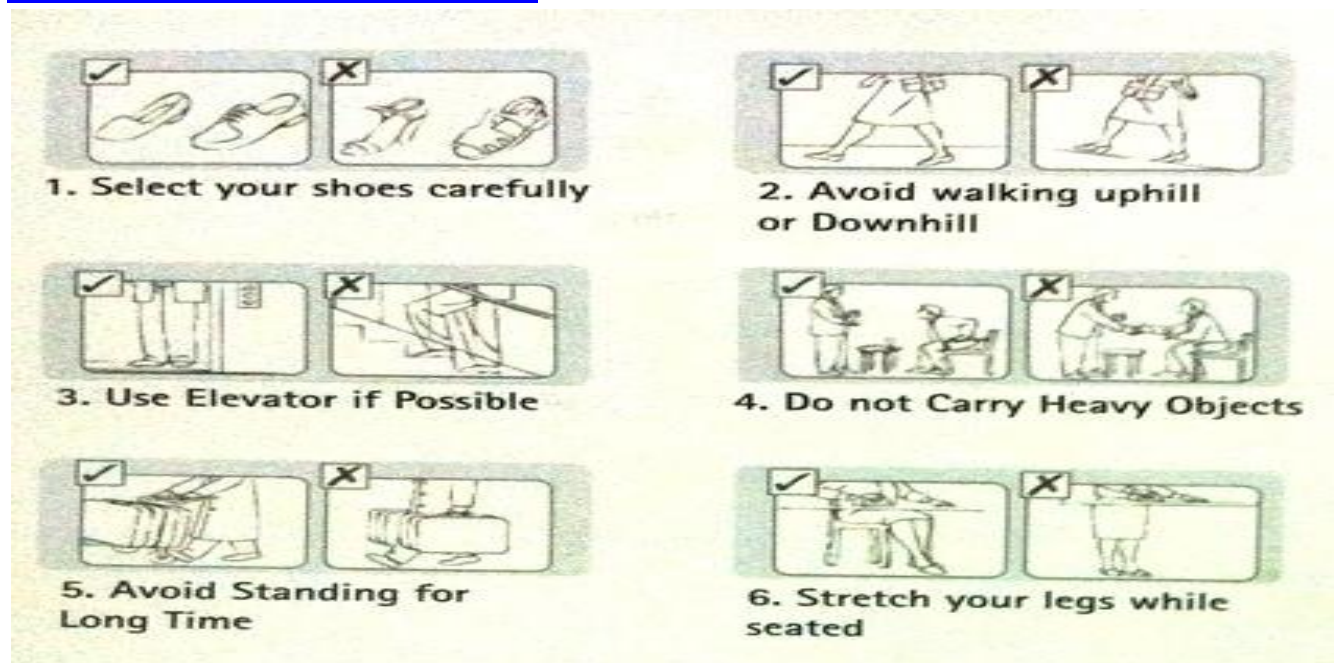
### Do's

- Do exercises thrice daily, once with physiotherapist and twice with family
- Buy adjustable walker and commode chair
- Take ice packs 3-4 times in a day, atleast for 15 minutes
- Take bath after 3 days of staple removal
- A shower stool in a chair may be helpful during bath

### Dont's

- Climb up stairs till advised
- Massage, hot fomentation, drive any vehicle unless instructed
- Remove brace (if advised) kindly keep them on till further follow-up instructions
- Sit on the floor
- Sit cross-legged
- Scratch wound site

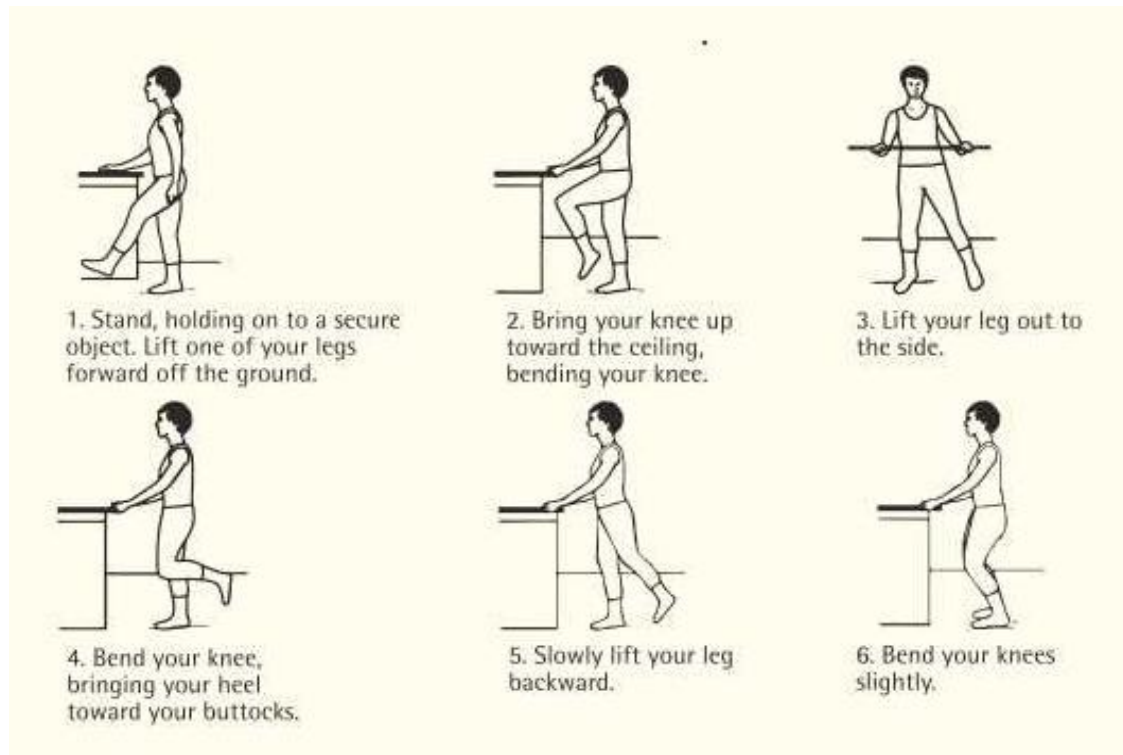
## PRECAUTIONS FOR FIRST 6 WEEKS



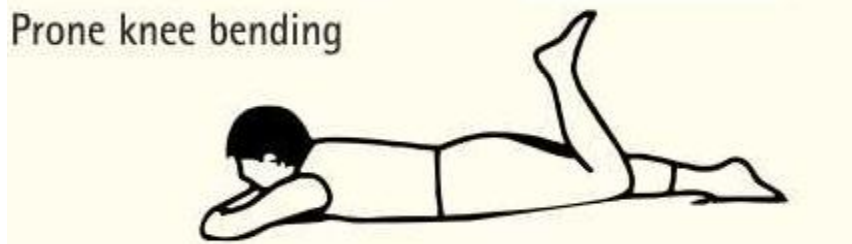
## FROM 5<sup>TH</sup> WEEK ONWARDS

### 1. Standing exercises

Do the following standing exercises only after instruction of physiotherapist



### Prone knee bending



2. Lie on your stomach and bend your knee as far as possible. Hold it for 10 seconds

3. Cycling

