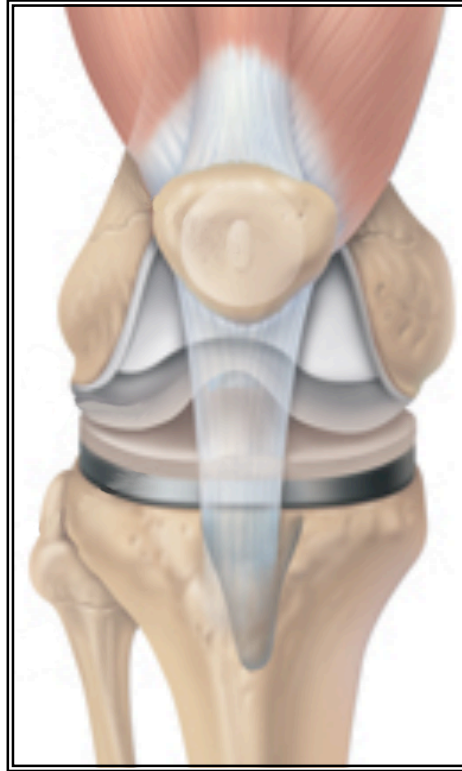


Knee Replacement Surgery Rehabilitation Guide



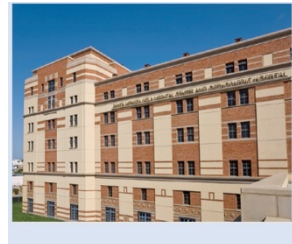
UCLA

Santa Monica - UCLA
Medical Center

— and —



Orthopaedic Hospital



Rehabilitation Following Your Surgery

Physical Therapy (PT)

- Physical therapy typically begins on the first morning after surgery. Early mobility and an individualized exercise program are important for successful surgery outcomes.
- You will participate in physical therapy two times per day during your hospital stay.
- The focus of physical therapy will be:
 - Strengthening
 - Regaining joint movement
 - Getting in and out of bed
 - Walking
 - Climbing stairs

Occupational Therapy (OT)

- An occupational therapist will teach you how to safely use your new joint in everyday activities such as:
 - Dressing
 - Toileting
 - Getting in and out of bed
 - Bathing
 - Getting in and out of a car
 - Home Management
- Your occupational therapist will introduce you to adaptive devices and recommend home equipment to help increase your independence

Discharge Planning – The rehabilitation team will work closely with you and your care team to determine if you are ready to go straight home from the hospital, or if you need further rehabilitation at a Skilled Nursing Facility prior to returning home.

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Bed Positioning

Rest with your knee straight. If your knee is bent for a long period of time, it will be difficult for you to get it straight later.

- Place a **towel roll** under **your ankle** to help stretch your leg straight. Elevating your leg will also help decrease swelling.
- **Do not place pillows under your knee**

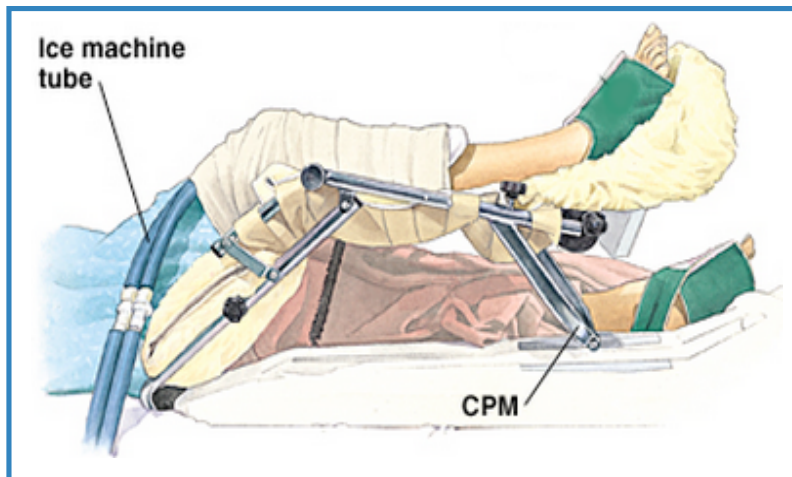


Polar Ice Machine

- To help reduce swelling and decrease pain, your surgeon may have you place a cold wrap around your knee.

Continuous Passive Motion (CPM) Exercise Machine

- To help restore movement in your knee and leg, and decrease swelling, your surgeon may have you use a CPM machine during your hospital stay.
- The CPM machine slowly bends and straightens your knee.



Getting Out of Bed

1. **Slide your legs** to the edge of the bed
 - Keep your operated leg straight to avoid twisting your knee.
2. **Use your arms** to prop your body up
3. Continue sliding your legs off bed
4. Push onto your hands and **scoot forward** until both feet are on the floor



Getting into Bed

1. **Sit down** at the edge of the bed
2. Push onto your hands and **scoot backwards** towards the middle and head of bed
3. **Swing one leg at a time** onto the bed as you continue to scoot your hips backwards
4. Lie down and **position** yourself comfortably

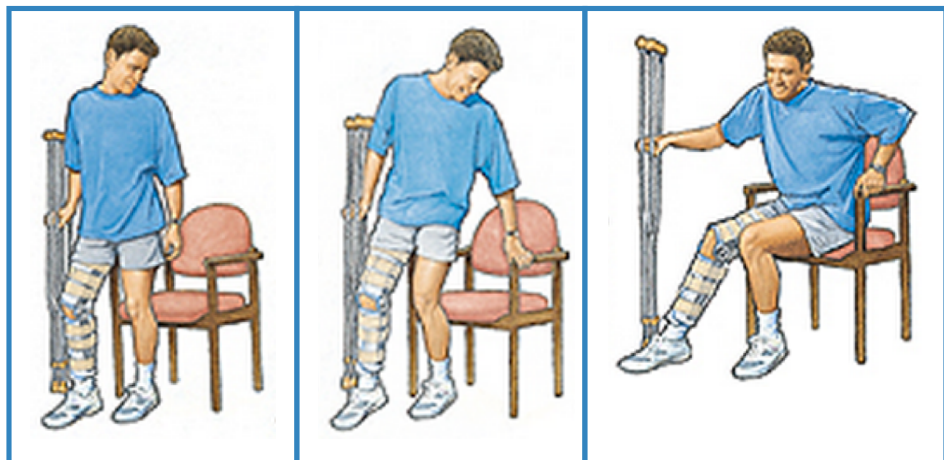
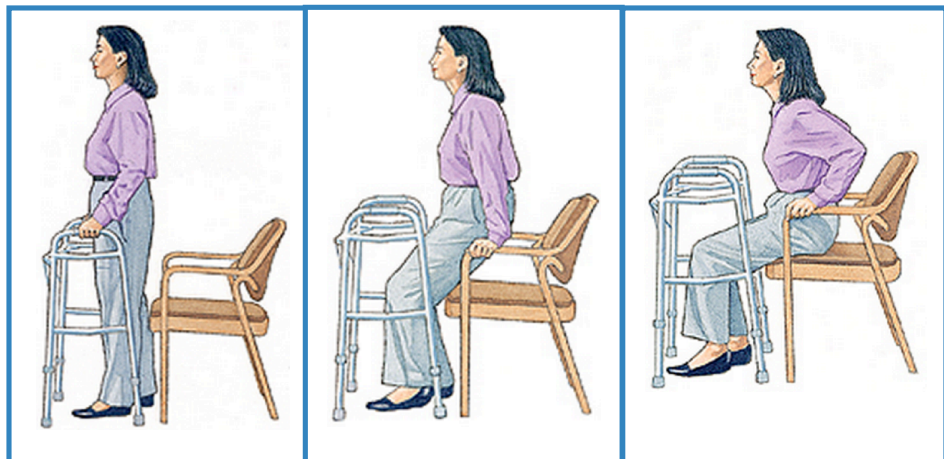
Standing up

1. Position the walker in front of you, or place your crutches nearby
2. **Scoot forward** to the edge of the chair
3. **Place your feet** firmly on the floor
 - Operated leg straight in front
 - Non-operated leg bent back
4. Use your arms to **push up on the armrests** while you **rise on your stronger leg**
5. Stand up
6. Transfer your hands onto the walker, or put one crutch under each arm



Sitting Down

1. Step back until both **legs touch the chair**
2. Slide your **operated leg in front** of your body
3. Use your hand to **reach for the armrest** or seat surface
4. **Lower your body** into the chair



- It is easier to get up from a higher seat. Use a seat cushion or firm pillows to raise the seat height
- Raise your foot on a leg rest or stool to decrease swelling.
- Avoid sitting for long periods of time. Get up every 30 minutes to stretch or walk.

Walking

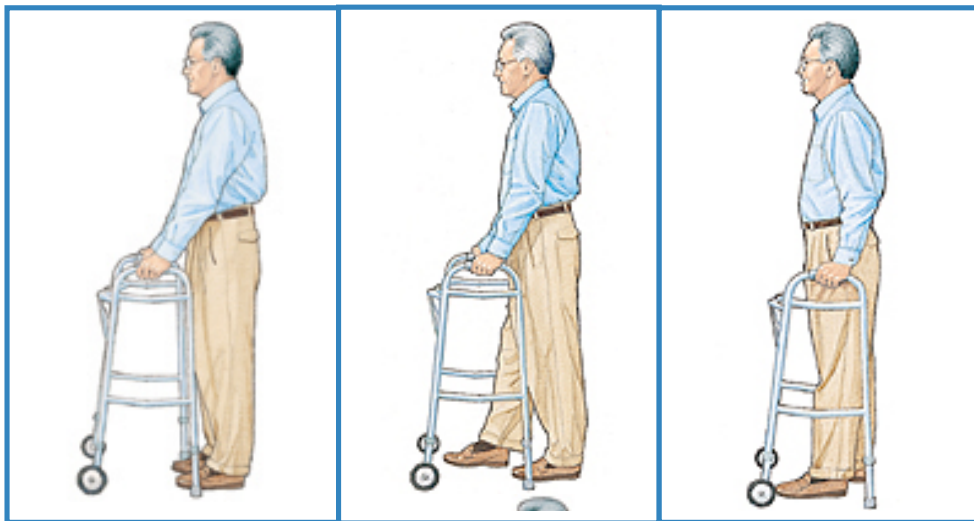
You will initially learn to walk with a walker. As your mobility progresses your physical therapist or surgeon may recommend other walking devices.

Adjusting your walker height

- Standing with arms by your side, the handgrips should be slightly above your wrists
- Standing with your hands on the walker, your elbow should bend 20°-30°

Forwards Walking

1. **Roll the walker** forwards
2. Step forward with your **operated leg** (weaker leg)
3. Step with your **non-operated leg** (stronger leg)
4. Repeat



Backwards Walking

1. **Roll the walker** back closer to your body
2. Step back with your **non-operated leg** (stronger leg)
3. Step with your **operated leg** (weaker leg)
4. Repeat

Walking

Up Curb

1. Pick up and place the **walker up** on the curb.
 - Check that all four legs of the walker are secure on the curb
2. Step up with your **non-operated leg** (stronger leg)
3. Step up with your **operated leg** (weaker leg)



Down Curb

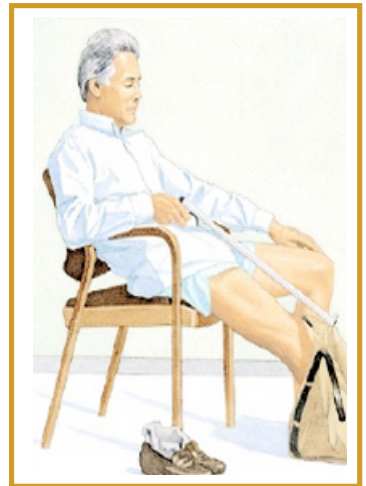
1. Place the **walker down** the lower surface
 - Check that all four legs of the walker are secure on the ground
2. Step down with your **operated leg** (weaker leg)
3. Step down with your **non-operated leg** (stronger leg)



Everyday Activities

Adaptive Devices

- Long handled tools can help you complete daily activities if you have difficulty reaching your feet
- Some helpful adaptive devices include:
 - **Reacher**
 - **Sock Aid**
 - **Long Handled Shoe Horn**
 - **Long Handled Bath Sponge**
- If you have difficulty with hand movements, your occupational therapist can explore alternative techniques with you such as using a **dressing stick**



Getting Dressed

- Sit down while putting on clothes for balance and safety
- Make sure you have everything you need before you start
- Choose loose fitting clothing for comfort and ease of dressing after surgery
- Dress or undress your operated leg (weaker leg) first



Home Bathroom Modifications

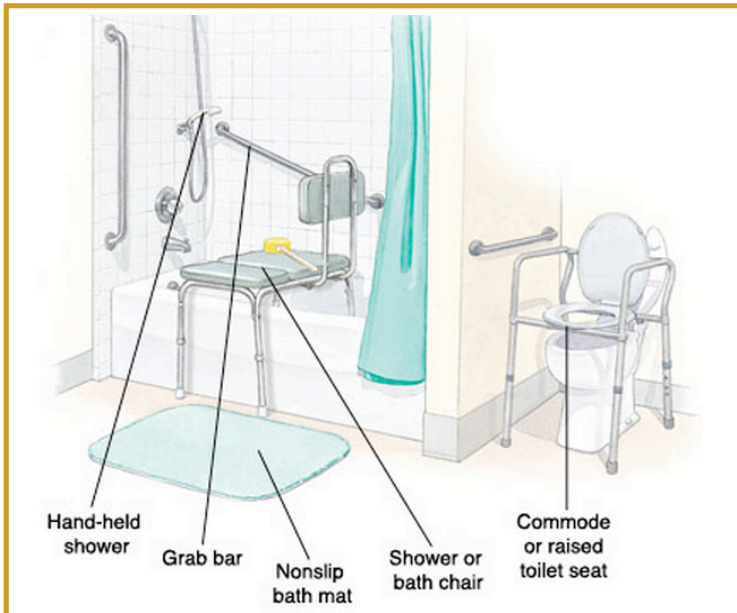
The following are some common home modifications after surgery. Your occupational therapist can discuss with you how to adapt and move about your specific home bathroom environment.

Toilet

- If you have difficulty getting on and off a standard toilet, use a **Raised Toilet Seat** or **Commode** to increase the height of the toilet seat.

Shower or Bathtub

- Secure a **non-skid rubber bath mat** or non-skid strips to the tub or shower floor
- Install **grab bars** or secure well made suction grab bars to assist with entering and exiting
- Position a **bath-shower seat**.
- Attach a **handheld shower hose** to assist with personal hygiene



Showering

General Guidelines

- Do not shower until your doctor says it is safe. Follow your surgeon's instructions for proper care of your incision site.
- Plan to have someone help you with your first few showers at home. If you have any concerns, sponge bathing is a safe alternative.
- Arrange toiletries at easy reach heights and distances

Entering a Walk-in Shower

Walk into the shower with your walker

1. **Place the walker** in the stall
2. Step into the shower
 - **Non-operated leg** (stronger leg) first
 - **Operated leg** (weaker leg) second
3. Sit on the shower seat

If the walker does not fit in the stall

1. Stand close to the shower
2. **Turn your walker** behind you. Keep your walker within reach.
3. **Grasp onto the grab bar** or stable surface
4. Step into the shower
 - **Non-operated leg** (stronger leg) first
 - **Operated leg** (weaker leg) second
5. Sit on the shower seat



Showering



Exiting a Walk-in Shower

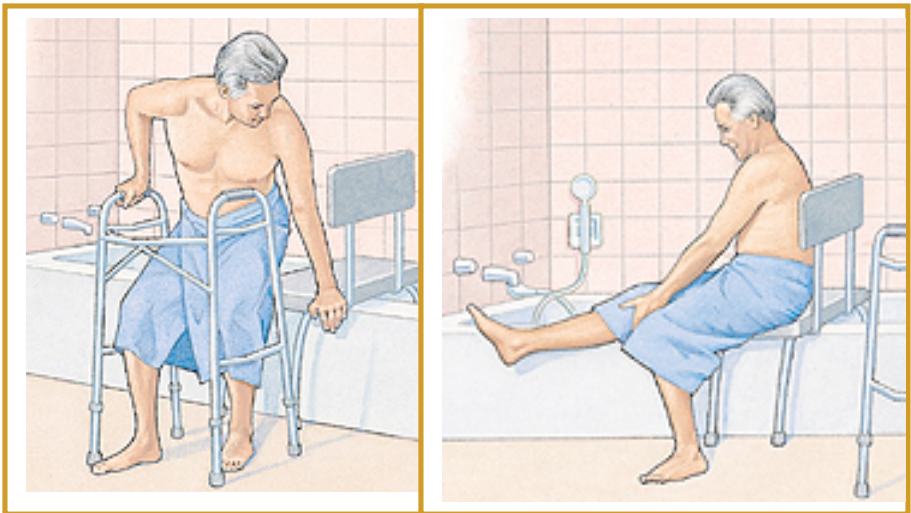
1. **Grasp onto the grab bar** or stable surfaces
2. **Stand up** from the shower seat
3. **Place your walker** outside of the stall in front of you
4. Step out of the shower
 - **Operated leg** (weaker leg) first
 - **Non-operated leg** (stronger leg) second



Shower

Entering Tub/Shower With Seat

1. **Back up** to the tub/shower with your walker
2. Sit down on the tub-shower seat
 - Extend your operated leg and reach behind for the seat
3. Lift your legs into the tub one at a time



Exiting Tub/Shower With Seat

1. Turn on your seat and lift your legs out of the tub
2. Position your walker in front of you
3. Stand up from the seat

Shower

Entering Tub/Shower Without Seat

1. **Stand sideways** with your **non-operated leg** (stronger leg) next to the tub
2. **Hold your cane/crutch** on your **operated side** (weaker leg)
3. **Grasp grab bar** or stable surface with your other hand
4. **Step sideways** into the tub with your **non-operated leg** (stronger leg) first
5. **Step sideways** into the tub with your **operated leg** (weaker leg) second
 - Grasp the grab bar for support
 - **Bend your knee** and swing your lower leg inside
6. **Place your cane/crutch** nearby

Exiting Tub/Shower Without Seat

1. **Grasp the grab bar** for support
2. **Stand sideways** with your **non-operated leg** (weaker leg) next to the edge
3. **Hold your cane/crutch** on your **operated side** (weaker leg)
4. **Step sideways** out of the tub with your **operated leg** (weaker leg) first
 - Grasp the grab bar for support
 - **Bend your knee** and swing your lower leg inside
5. **Step sideways** with your **non-operated leg** (stronger leg) second
 - Use your cane/crutch for support

Getting Into a Car

Do not drive until your doctor says it is safe. This may depend on several factors including your strength, reflexes, and medications.

1. **Position the seat** for more space
 - Recline the seat
 - Slide the seat back
2. Walk with your walker and **back up to the car seat**
3. **Place your hands** securely on the seat and dashboard
4. Slide your operated leg in front, and **lower your body onto the seat**
5. Use your arms and **scoot back** into the middle of the seat
6. **Bring your legs into the car** one at a time
7. Position yourself comfortably and secure your seatbelt



Getting Out of a Car

1. Open the door
2. **Position the seat** for more space
3. **Bring your legs out of the car** one at a time
4. Push onto your hands and **scoot forward** until both feet are on the ground
5. Place your walker in front of you and **stand up**

Home Planning Checklist

- Arrange for family or friends to help you the first few days home.
- If possible, set up a bedroom and bathroom on the **first floor**.
- The following are some suggested items and home modifications that can be done **before** surgery to make your recovery at home easier.

☐ Living Space

- ☐ Stable chair
- ☐ Firm seat cushion
- ☐ Clear walkways (Remove throw rugs and electric cords)
- ☐ Arrange common items for easy reach

☐ Bathroom

- ☐ Bath-shower seat
- ☐ Grab bars
- ☐ Non-skid rubber bath mat
- ☐ Hand-held shower hose
- ☐ Raised toilet seat or commode
- ☐ Arrange toiletries for easy reach

☐ Adaptive Devices (if needed)

- ☐ Reacher or dressing stick
- ☐ Sock aid
- ☐ Long handled shoe horn
- ☐ Long handled bath sponge

☐ Nutrition

- ☐ Ready made or easy preparation meals
- ☐ Arrange medications for easy reach

Exercises

- Your physical therapist will give you an exercise program based on your individual needs.
- The following are common exercises for knee surgery.

Bed Exercises

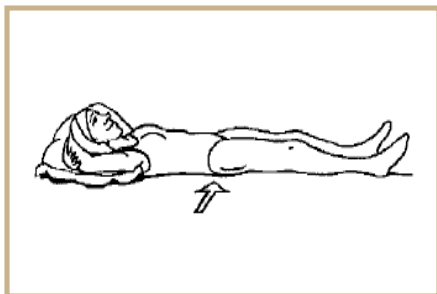
Ankle Pumps and Circles

- Point and flex your ankles through full range of motion.
- Rotate your feet clockwise followed by counterclockwise.
- Repeat 10-15 times.
Do 2-3 sessions per day.
- This is a good exercise to prevent blood clots



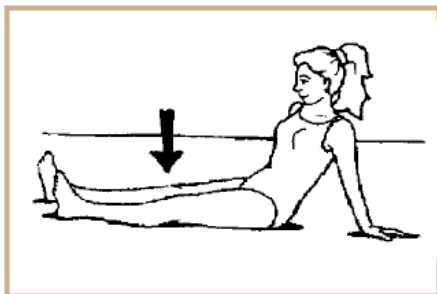
Isometric Gluteals – “Bun Squeezes”

- Tighten your buttocks muscles.
- Hold 5 seconds. Relax.
- Repeat 10-15 times.
Do 2-3 sessions per day.



Quadriceps Sets – “Thigh Squeezes”

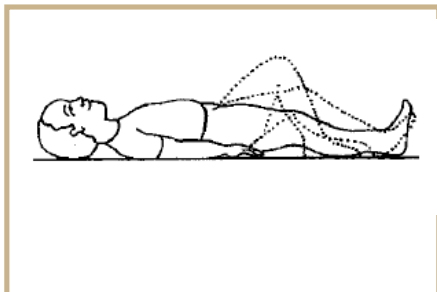
- Tighten the muscles on top of your thigh as if attempting to push your knee down into the bed.
- Hold 5 seconds. Relax.



Exercises

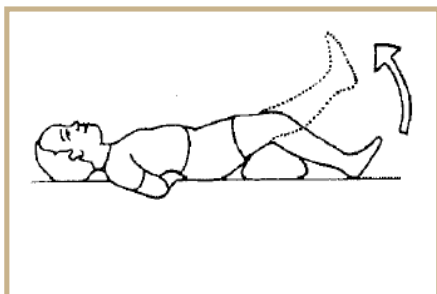
Heel Slides

- Bend and straighten one leg by slowly sliding your foot on the bed.
- Hold 5 seconds. Relax.
- Repeat 10-15 times.
Do 2-3 sessions per day.



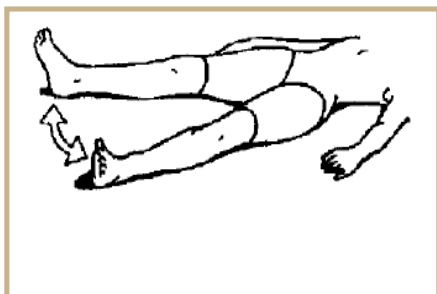
Short Arc Quads

- Place a rolled pillow or blanket under your knee. Straighten the knee by lifting your heel off the bed.
- Repeat 10-15 times.
Do 2-3 sessions per day.



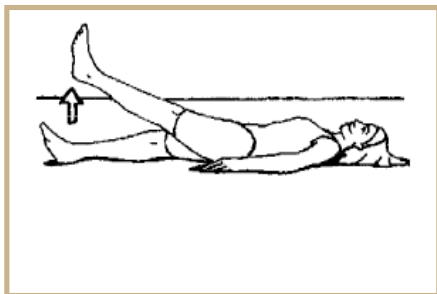
Hip Abduction/Adduction

- Slide one leg out to the side and back to the middle. Keep your knee straight and avoid rolling your leg.
- Repeat 10-15 times.
Do 2-3 sessions per day.



Straight Leg Raise

- Raise one leg up and down. Keep your toes pointed upward. Bend your opposite knee if needed.
- Repeat 10-15 times.
Do 2-3 sessions per day.

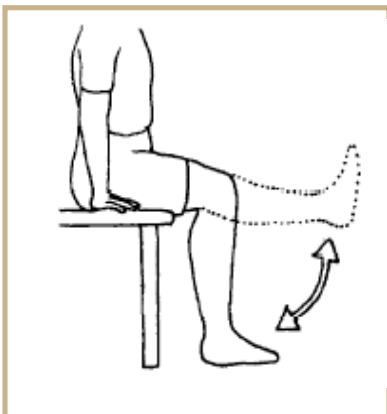


Exercises

Sitting Exercises

Long Arc Quads

- Slowly straighten your knee. Lift your heel and tighten your thigh.
- Slowly lower your foot down.
- Hold 5 seconds. Relax.
- Repeat 10-20 times.
Do 2-3 sessions per day.



Knee Flexion

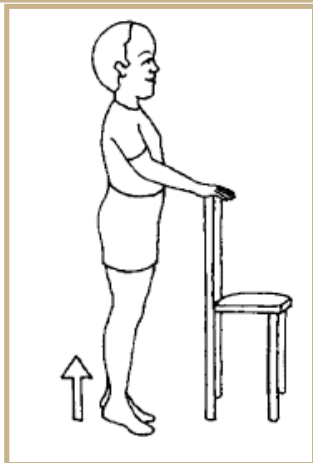
- Bend your knee back.
- Slowly scoot to the edge of the chair to increase your knee bend.
- Hold 5 seconds. Relax.
- Repeat 10-20 times.
Do 2-3 sessions per day.



Standing Exercises

Heel Raises

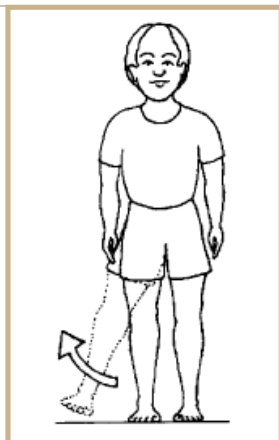
- Stand up straight. Use a sturdy chair or countertop for balance.
- Rise up on your toes, and then slowly lower.
- Repeat 10-20 times.
Do 2-3 sessions per day.



Exercises

Hip Abduction

- Stand up straight.
- Place your weight on one leg
Use a sturdy chair or countertop for balance.
- Lift your other leg out to the side, and then slowly lower.
- Repeat 10-20 times.
Do 2-3 sessions per day.



Hip Flexion

- Stand up straight. Use a sturdy chair or countertop for balance.
- Bend your knee towards your chest, and then slowly lower it.
- Repeat 10-20 times.
Do 2-3 sessions per day.



Sexual Activity After Joint Replacement

- Follow your surgeon's instructions for when you may start having sex again. The exact time will depend on your recovery time and comfort.
- Follow your hip dislocation precautions during all activities including sexual intercourse.
- A handout with more information is available from your therapist.

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