

Welcome to the

**Nottingham Woodthorpe Hospital
Physiotherapy
Knee Replacement Presentation**

Total Knee Replacement Booklet

- All the information covered in this presentation is in your booklet.
- Please read it!
- Remember to bring the booklet in when you come in for your operation.



How long am I in hospital?

- Your stay with us will be 2-3 days.

DAY 0

Admission and
Surgery Day

DAY 1

First Physio
Session

DAY 2 / DAY 3

Proposed
Discharge

- No visitors are allowed at present.



Things you need to think about

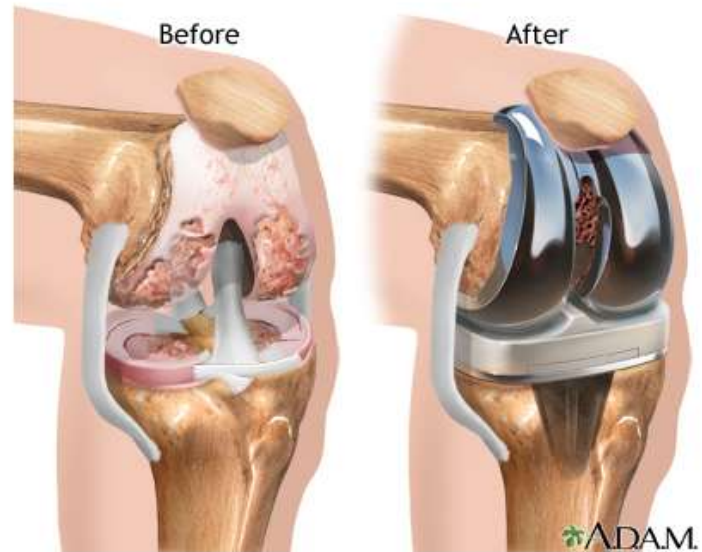


Here are a few things we suggest you consider in preparation for your surgery:

- Have you thought about arrangements for going home?
- Who will pick you up?
- What vehicle is it?
- Will you need help to organise transport?
- Who will be at home with you?
- Do you need more support at home?

What is a total knee replacement?

A total knee replacement replaces the rough, worn surfaces with new, smooth artificial surfaces.



Role of the Physiotherapists

Before discharge we will:

- Teach you exercises for your new knee
- Ensure you are walking correctly
- Complete the step / stairs



It is up to you to practice your exercises regularly in order to get the most from your new knee!

Your walking aids

- You will be given crutches on the ward.
- Generally no other equipment will be needed but this will be discussed with you during your telephone appointment with the physiotherapist.



Walking with crutches

- The following two videos demonstrate different types of walking with crutches.
- Physiotherapists on the ward will help you learn the safest method of walking with crutches to suit you and your level of mobility.



Walking with crutches



Walking with crutches



Physiotherapy – Day of Operation / Day 0

- Following surgery, start your maintenance + circulatory exercises as soon as you wake up and are able.

We advise:



- Your maintenance + circulatory exercises are to be done hourly.

Physiotherapy – Day After Surgery / Day 1

- You will be continuing with your hourly maintenance + circulatory exercises independently.
- The physiotherapist will assist you getting up and out of bed and take a few steps with an appropriate walking aid.
- It would be beneficial for you to sit out in a chair for a short while.



Moving up the bed

- The following two videos demonstrate two different methods of moving up the bed:

lying position and sitting position

- In the following videos the right leg represents the operated leg.



Moving up the bed – lying position



Moving up the bed – sitting position



Physiotherapy – Day 2

- You will be continuing with your hourly maintenance + circulatory exercises independently.
- Knee exercises will be progressed as per your booklet – we will inform you of repetitions and sets as we do them with you.
These exercises will be continued independently at home.
- You will be continuing to walk regularly with your crutches.



Physiotherapy – Discharge Criteria

- Throughout Day 2 we will progress your exercise and walking regime and the physiotherapist will discuss discharge plans.

Your aims for discharge are:

- You are able to walk independently with crutches or appropriate walking aid.
- You have achieved at least a 90° bend.
- You can independently complete your exercises.
- You are competent and safe on the step or stairs.



Safe Stairs Technique

- Good / non-operated foot up the step



- Bad / operated foot down the step



Getting in and out of a car

Here is some advice we recommend to aid you in safely getting in and out of a car:

- ✓ Park on level ground and not near the kerb.
- ✓ Travel in the front passenger seat.
- ✓ Ensure the seat is pushed back as far as possible and slightly reclined.
- ✓ Placing a sliding sheet on the seat may help you.



Getting in and out of a car

1. Place your bottom into the car first, extending your operated leg.

2. Leaning back in the reclined seat, lift your right leg into the car.

3. Follow with your left leg, keeping your thighs in contact with the seat.



Driving

- Check with your consultant at your follow-up appointment – they will confirm you are ready to drive.
This appointment usually occurs 6 weeks post-op.
- It is also recommended that you check that you are covered by your insurance company and the DVLA.



General Advice

Make sure to:

- ✓ Rest for periods throughout the day.
- ✓ Use ice packs regularly.
- ✓ Elevate operated leg when possible.
- ✓ Complete exercises as instructed.



Top Tips!

“Make sure to do your exercises!”

“Pain and swelling after surgery are normal!”

“This surgery is to help improve your quality of life”

“Take your pain meds regularly as the nurse advises”

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