



# SPECTRUM MEDICAL

## HOME INSTRUCTIONS

### Total Knee Replacement

#### I. Walking

- A. Use walker/crutches until your doctor says you no longer need them. Your foot should be flat on the floor with on it. If allowed, make sure the foot does rest on the floor because it is less stressful to let it rest there than to hold it up.
- B. **Steps**-always go up on your good leg first, followed by operated leg and assistive device. To go down: assistive device first, operated leg, then good leg. Always use a railing if one is available.

#### II. Positioning-do not stay in one position for long periods of time.

- A. Straighten and bend knee every hour when awake.
- B. Do not put a pillow under your knee while in bed or sitting. This will eventually keep your knee from straightening. **Elevate the Entire leg.**
- C. Avoid propping leg on footstool without support under entire leg for longer than thirty minutes. This could lead to dislocation of new knee.
- D. Do not sit in a chair that is lower than 18 inches.

#### III. Swelling-you can expect swelling in your knee and leg for a few months after surgery. In the event this should happen, or to prevent this, do the following:

- A. Elevate your ankle and knee above your heart.
- B. Put ice packs on front and back of operated knee 2-4 times per day for 20-30 minutes.
- C. Do not put any form of heat on your knee. This includes creams such as Ben Gay, Icy Hot, etc.

#### IV. Infection/Phlebitis---notify your doctor immediately if you notice the following symptoms.

- A. Different pain, redness, swelling, drainage, and/or fever chills in the operated knee. This could be a sign of infection in your new knee.
- B. Redness, swelling, heat, and pain in your calf. This could be a sign of phlebitis.

**Note: With either condition - put yourself on bed rest until you have talked to your doctor.**

**V. Activities of Daily Living:** next 6---8 weeks

- A.** Do not drive until off crutches/walker.
- B.** Do not sit in warm tub; instead, you may shower once incision is healed.  
Do not squat, stoop, or bend forward.
- D.** When sitting, always slide operated leg out in front of you to avoid forceful bending of the knee.
- E.** Avoid high-heeled shoes or slip---on slippers. Instead, wear good walking or tennis shoes.
- F.** Avoid scatter rugs. Put them up while walking on crutches/walker.
- G.** Avoid gaining excessive weight.
- F.** Do not go on long car trips until you have approval from the doctor.

**VI. Exercise**

- A.** Follow the exercise instructions given by your physical therapist. Continue working on the exercises until you can straighten your knee completely and bend it to at least 90°.
- B.** Swimming may be started as soon as your incision heals. Be sure access into pool is a ramp or steps. Do not go up/down ladder or sit on side of the pool.
- C.** A stationary bike may be used 4 weeks after surgery with no resistance.

**VII. Additional Activities:** 6---8 weeks after surgery

- A.** Walking---excellent exercise to help build strength and general conditioning.
- B.** No tennis, jogging, or other sport that requires a lot of stop---start or jarring. These may loosen the prosthesis.
- C.** Golf---may begins after 3 months.
- D.** Swimming---for general conditioning and endurance.

## Home Exercise Program Following Knee Surgery

During your hospitalization, you have had knee surgery. In order to get the best function possible from your knee, it is important that you perform the exercise program described below.

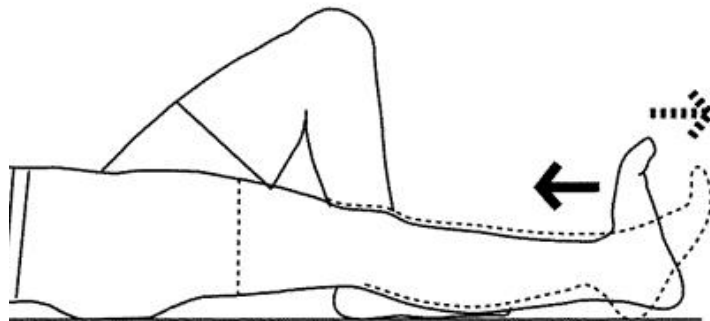
### 1. Ankle Pumps

- Move feet up and down and in circles.

Perform exercise:

\_\_\_\_\_ Sets X \_\_\_\_\_ Reps

\_\_\_\_\_ per Day



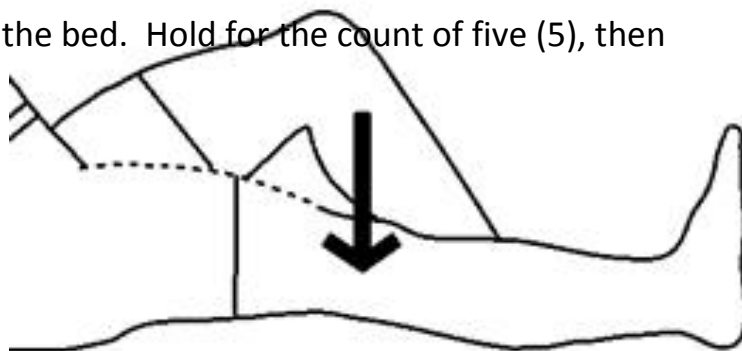
### 2. Quadriceps Setting

- Tighten the muscles just above your knee by straightening your knee completely.
- Concentrate on pushing your knee into the bed. Hold for the count of five (5), then relax and repeat.

Perform exercise:

\_\_\_\_\_ Sets X \_\_\_\_\_ Reps

\_\_\_\_\_ per Day



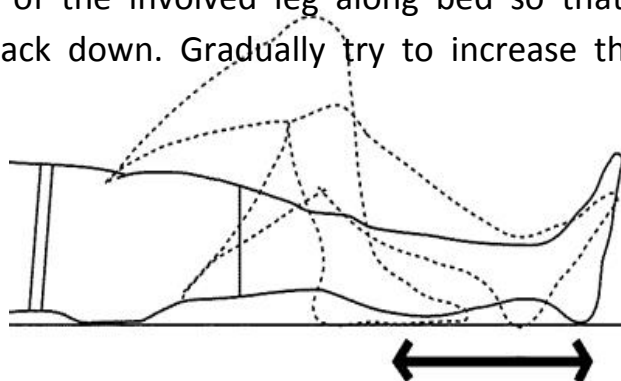
### 3. Hip and knee bending

- While lying on your back, slide the heel of the involved leg along bed so that the hip and knee bend, then slide foot back down. Gradually try to increase the amount of bend in your knee.

Perform exercise:

\_\_\_\_\_ Sets X \_\_\_\_\_ Reps

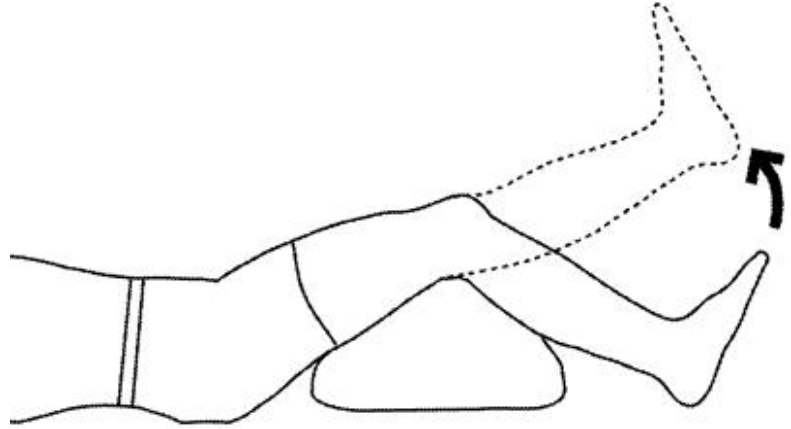
\_\_\_\_\_ per Day



#### 4. Knee straightening

- Bend knee and place a small roll under your knee.
- Straighten knee by lifting foot of the bed.
- Hold for the count of five (5), then slowly lower foot so that it rests on the bed.

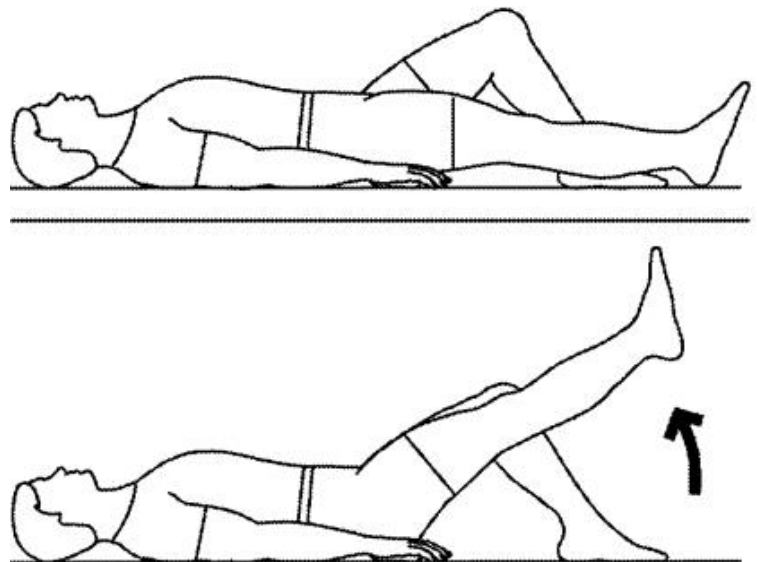
Perform exercise:  
\_\_\_\_\_ Sets X \_\_\_\_\_ Reps  
\_\_\_\_\_ per Day



#### 5. Straight Leg Raises

- Bend the “good” leg up so that your foot is flat on the bed. Lift operated leg up, keeping Knee straight.
- Slowly lower leg down to the bed.

Perform exercise:  
\_\_\_\_\_ Sets X \_\_\_\_\_ Reps  
\_\_\_\_\_ per Day



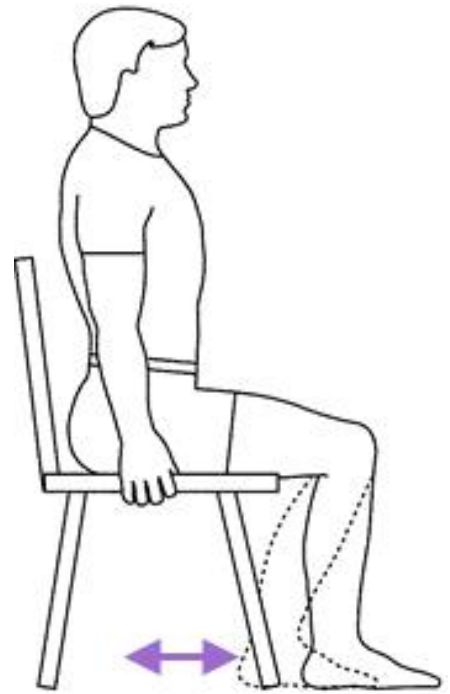
### 6. Active Knee Bending

- Sit in a chair with feet flat on the floor.
- Slide foot of operative leg as far back as possible.  
Hold ten (10) seconds, then relax and slide foot forward.

Perform exercise:

\_\_\_\_\_ Sets X \_\_\_\_\_ Reps

\_\_\_\_\_ per Day



### 7. Passive Knee Bending

- Sit in chair with both feet flat on the floor
- Slide foot back as in Exercise #8
- Plant foot firmly on the floor.
- Slide hips forward on the chair so that the knee bends as much as tolerated. Hold 10 seconds and then relax, sliding hips back to starting position.

Perform exercise:

\_\_\_\_\_ Sets X \_\_\_\_\_ Reps

\_\_\_\_\_ per Day

