

Knee Replacement Surgery

Important



Affiliated to the Rappaport Faculty of Medicine ▼ Technion-Haifa, Israel

Greetings!

After you have undergone your knee replacement operation and before release from the hospital, the Physiotherapy Department of Laniado Hospital is pleased to present you with this instruction guide, which contains everything you need in order to recuperate quickly and in the best possible manner. Please follow the instructions herein in order to ensure the success of the operation.

We wish you a speedy recovery and good health

Please Note:

If one or more of the following symptoms appear, please contact the surgeon immediately:

- ▼ Unusually intense pain in the operated area.
- ▼ Swelling or redness in the operated area that did not exist beforehand.
- ▼ Fever.
- ▼ Secretions from the operated area.

Very important:

- ▼ Follow the surgeon's instructions.
- ▼ See the surgeon for the follow-up visit.
- ▼ Take medications according to the physicians' instructions and nurses' guidance.
- ▼ When sitting, raise your foot every once in a while, without a pillow underneath.

To ensure the success of the operation, make sure you do the following:

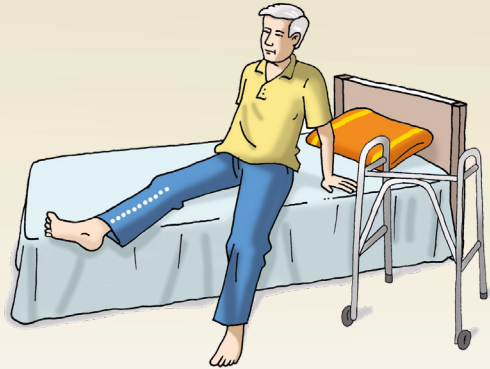
- ▼ Perform the exercises correctly and exactly. The Physiotherapy Department will teach you how to do this.
- ▼ Do all of the exercises every day.
- ▼ Do the exercises with BOTH legs. This is in order to maintain proper strength in the non-operated leg as well.
- ▼ Within two weeks after the operation, you must aim to bend your knee to ninety degrees, even with tolerable pain. This is in order to prevent infection and to ensure the success of the operation.
- ▼ If you make good progress with the exercises, ten days after the operation you may be able to bend your knee to an angle greater than ninety degrees.
- ▼ Two weeks after the operation, you may perform the exercises using resistance. Ask the health fund physiotherapist how to do this properly.

* In this brochure, the operated leg is marked with dotted lines.



How should I move from sitting to lying down?

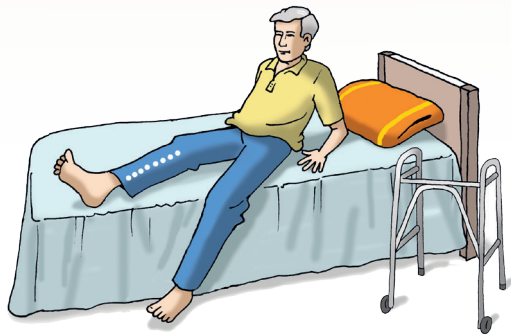
- ▼ From the sitting position, lift the operated leg onto the bed.
- ▼ Lean back on your hands and move the operated leg inside, toward the center of the bed.
- ▼ Lift the non-operated leg onto the bed, and lie down.



And from lying down to sitting?

Getting out of bed is done with the non-operated leg first.

- ▼ Move toward the edge of the bed, so that the nonoperated leg is closer to the edge of the bed.
- ▼ Lower the non-operated leg onto the floor while leaning on your elbows.
- ▼ Switch to leaning on your palms, and turn your body toward the edge of the bed.
- ▼ Slowly lower the operated leg onto the floor until you reach a full sitting position. During the first few days, it may be difficult to lower the leg using only your muscles. You may use the other leg or your arm for support, until your leg muscles gain strength.

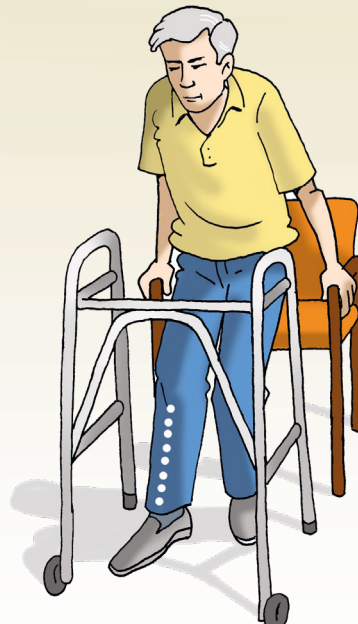


From sitting to standing?

- ▼ Move to the edge of the chair.
- ▼ Slide the operated leg forward.
- ▼ Bend the non-operated leg toward the chair.
- ▼ With your hands, grasp the chair arms tightly.
- ▼ Stand up, using your arms and the non-operated leg.
- ▼ After standing, you can transfer your weight onto the operated leg.

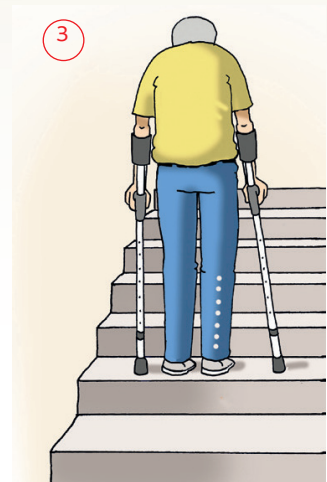
And sit back down?

- ▼ Stand with your back to the chair.
- ▼ Slide the operated leg forward.
- ▼ Place one hand on the chair, the other in the middle of the walker frame. Carefully bend the non-operated leg until you sit, and
- ▼ push your body backward so that your back is touching the backrest.



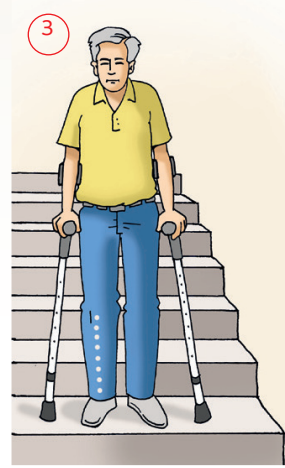
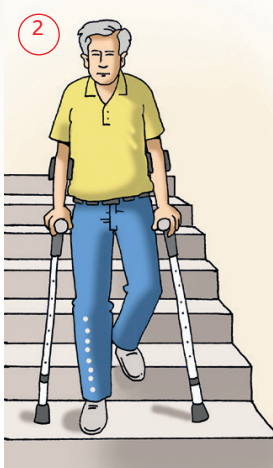
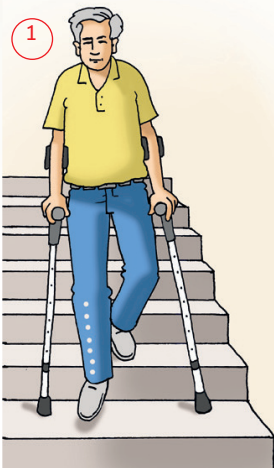
Going upstairs with crutches

- ▼ Maintain crutches/walking stick on the step below.
- ▼ Lead with the unoperated (good) leg up onto the step above.
- ▼ Take your weight onto the unoperated leg by pushing on crutches/walking stick.
- ▼ Step up with operated leg.



Going downstairs with crutches

- ▼ Put crutch/walking stick down onto the step below.
- ▼ Follow with the operated leg.
- ▼ Take weight onto the operated leg using the crutches for support.
- ▼ Follow with the unoperated leg onto the same step.



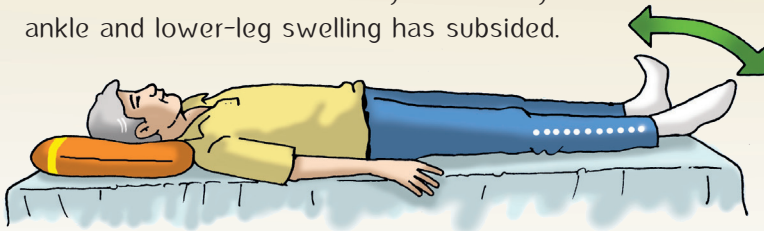
Hint: The good leg goes up the stairs first and bad leg goes down the stairs first.

Exercises Following Knee Replacement Surgery

Exercise 1: Ankle Pumps

This exercise is performed on the bed.

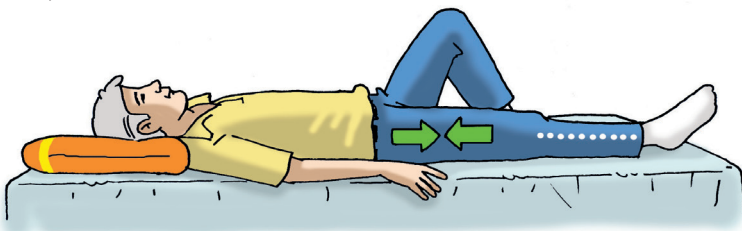
- ▼ Lie on your back.
- ▼ With your legs straight, bend your ankles up and down, towards and away from your face.
- ▼ Repeat 15 times.
- ▼ Continue this exercise until you are fully recovered and all ankle and lower-leg swelling has subsided.



Exercise 2: Quadriceps Exercise

This exercise is performed on the bed.

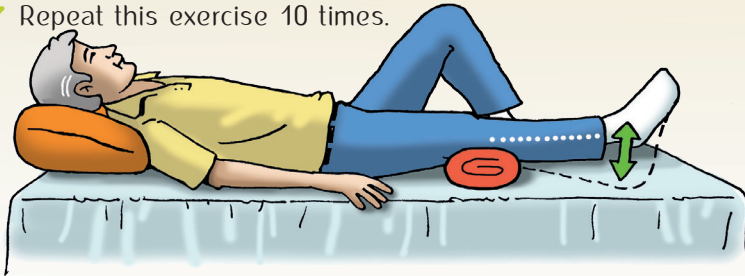
- ▼ Lie on your back.
- ▼ Tighten the thigh muscles so that the operated knee is pushed into the mattress.
- ▼ Make sure you are doing this exercise with the thigh muscles, not with the buttock muscles.
- ▼ Hold the leg in this position for a few seconds, and relax.
- ▼ Repeat this exercises 10-20 times each hour.



Exercise 3: Lower Leg Lift

This exercise is performed on the bed.

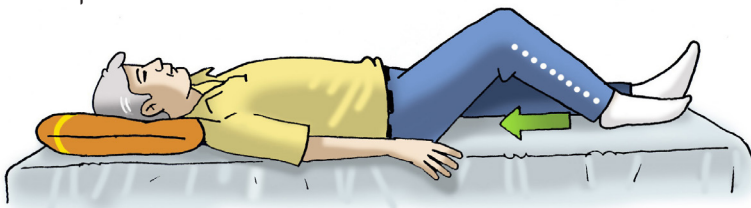
- ▼ Place a small pillow or rolled towel underneath the operated leg.
- ▼ Tense the thigh muscles until the knee is completely straight. Throughout the exercise, make sure that the back of your knee is touching the pillow/roll.
- ▼ Hold your leg in this position for a few seconds, and slowly lower.
- ▼ Repeat this exercise 10 times.



Exercise 4: Knee Bend

This exercise is performed on the bed.

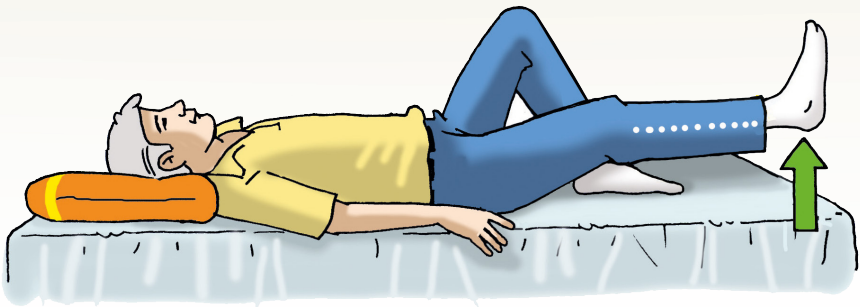
- ▼ Lie on your back.
- ▼ Bend the operated leg so that the foot slides up the bed toward the buttocks.
- ▼ Straighten your leg by sliding your foot down the bed.
- ▼ Repeat this exercise 10 times.



Exercise 5: Straight Leg Lift

This exercise is performed on the bed.

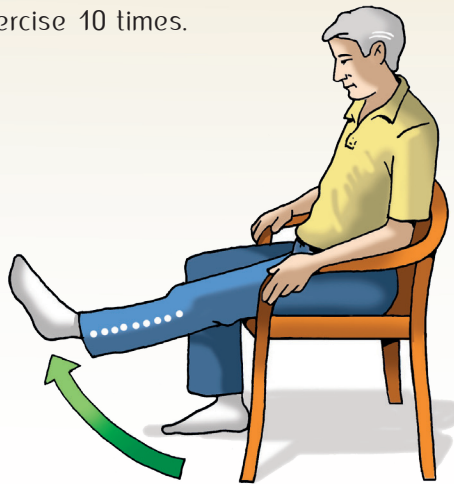
- ▼ Lie on your back and bend your non-operated leg as illustrated.
- ▼ Lift the operated leg up in the straight position, about 10 cm (4 in.) from the mattress.
- ▼ Hold your leg in this position for a few seconds.
- ▼ Slowly lower your leg.
- ▼ Repeat this exercise 10 times.



Exercise 6: Straightening Knee While Sitting

This exercise is performed while sitting on a stable chair.

- ✔ Sit on a stable chair, back straight and leaning against the chair back, knees bent, feet on the floor.
- ✔ Straighten your operated knee so that the lower leg forms one line with the thigh.
- ✔ Hold your leg in this position for several seconds.
- ✔ Slower lower your leg to the floor.
- ✔ Repeat this exercise 10 times.



The physiotherapy staff is pleased to answer any questions regarding the rehabilitation process. Wishing you a speedy rehabilitation and good health.

The physiotherapy staff:
Tel: 09-860-9114
Fax: 09-860-9116
web: www.laniado.org.il

The Ortopedic Department:
Tel: 09-860-4634
09-860-9595

This brochure was written by the Department of Physiotherapy at Laniado Hospital



Affiliated to the Rappaport Faculty of Medicine | Technion-Haifa, Israel

ntuvia@laniado.org.il

09-860-91-14

www.laniado.org.il

09-860-46-66

Divrei Chaim st. 16 , Netanya, Israel