

Total Knee Replacement

Post operative aims of physiotherapy

1. Improve muscle power around the knee joint.
2. Improve the knee range of motion (ROM).
To achieve at least 90° knee bending.
3. To gain confidence when walking, using now more aid than may be required by other parts of the body.

Instructions to follow

- Keep your knee straight/supported in a foot rest while you are sitting.

Precautions

DO NOT do any of the following

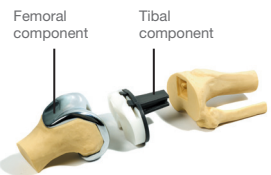
- Twist your leg during weight bearing.
- Sit in low chairs or sofas, including a low toilet seat.
- Sit in a tub.
- Kneel down on a floor or hard surface.
- Keep a pillow under your knee when you are lying down.

Weight bearing status

- Most of the total knee/partial knee replacements patients are allowed to put full weight bearing as tolerated.

Surgical procedure: The articular surfaces of the femur and tibia are cut away

The prosthesis is cemented in place, restoring the knee joint



Stairs assesment	If required stair assessment will be done before discharge.
Returning to work	You can usually return to work after 6 to 8 weeks. But if your work involves a lot of standing or lifting, you may need to stay off for three months.
Driving	Driving can usually be performed after 4 to 6 weeks proving that the knee is pain free and you are able to control the car with foot pedals and make an emergency stop.
Sports	Sporting activity which may include twisting or pivoting on your knee, or contact sports should be avoided until speaking with your consultant at your follow-up clinic appointment.
Estimated hospital stay	2 to 4 days depends upon your post operative medical condition.
Physio sessions	Two sessions per day
Progression in Mobility	Zimmer walking frames to bilateral elbow crutches and to unilateral elbow crutch and to unilateral walking stick.
Home exercises	Please follow all the home exercise at least for 6 weeks.

Ashford
 Spencer Private Hospitals
 at William Harvey Hospital
 Kennington Road
 Ashford, Kent TN24 0LZ
 01233 616201

Margate
 Spencer Private Hospitals
 Ramsgate Road
 Margate, Kent CT9 4BG
 01843 234555



spencerprivatehospitals.com