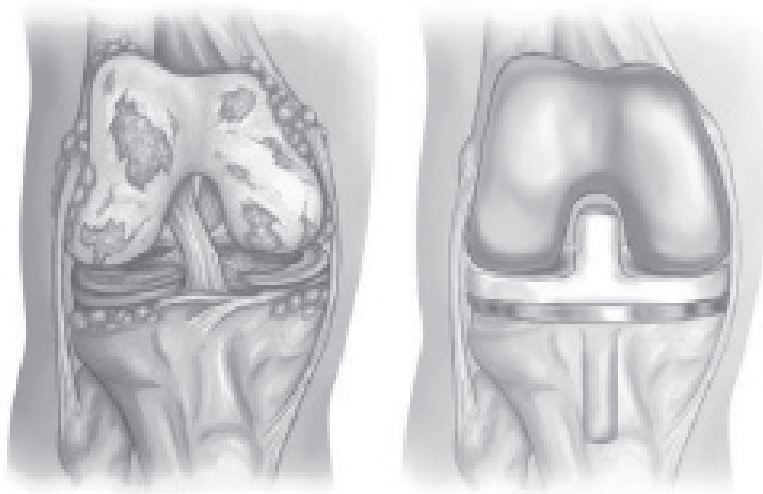


## Therapy Department

# Therapy Guide for Patients Undergoing a Total Knee Replacement

**This is essential reading prior to your Total Knee Replacement Surgery**



### Infection Control

- If you display any Covid-19 symptoms (temperature, new cough, changes to smell or taste) prior to admission please contact your surgeons secretary immediately.
- The Elective Orthopaedic service is a “green pathway” – the safest in the hospital.
- All patients are pre-operatively screened for MRSA and COVID-19.
- All staff are screened prior the start of their shift.

### Ward Information

- 2 Orthopaedic post-op wards 8A. Situated on level 3.
- All wards have side rooms and 4 bedded areas.
- Single sex bays/rooms and bathroom.
- Meal times are protected 12.00 - 1.00pm & 5.00 - 6.30pm
- Currently no visitors allowed on the ward.
- Currently no visitors allowed on the ward

## Pre-Assessment

### At pre assessment you will be told the following:

- How long you need to isolate at home.
- Pre-covid & pre-operative checks.
- When to stop eating and drinking.
- When to stop certain medication.

## Admission Day

**Please arrive by 7am unless told otherwise. Late arrivals can result in surgery being cancelled.**

- Get someone to drive you to the hospital as you will be unable to drive post-op.
- When you arrive, please wait in the car park (in your car) and call ward 8A on 01422 223801.
- A member of the team will come to your car and complete the Covid-19 checks.
- You will then be escorted to the ward / admissions unit.

## Getting Organised

### Before your admission

- Stock up on food and household items.
- Put commonly used items on worktop/table.
- A chair/stool is useful to rest on in kitchen/bathroom.
- Arrange assistance for shopping & cleaning.
- Arrange help at home prior to your admission to hospital.
- Arrange help with pets if required.
- Start your physiotherapy exercises.

**Make family and friends aware that normal length of stay is 1-2 days**

### Carer Advice

- If you act as a carer for another family member please arrange additional help for them for when you return home. We cannot organise this for you
- If you already have carers for yourself please make arrangements for this to continue after your surgery. You will return home 1-2 days post op

### Gateway to Care:

- Halifax: 01422 393000
- Huddersfield: 01484 414933

## Additional Information

- Please remove any jewellery, piercings, nail polish or acrylic nails prior to surgery.
- Please do not bring valuables into the hospital with you.
- Mobile phones are allowed.
- Please bring your own medication into hospital in the original prescribed boxes or a pharmacy prescribed dosette box.
- Please do not bring plants or flowers; these are not allowed on the ward.
- Bring daytime clothes, wash bag & suitable footwear with you.
- If you require a gluten free diet please bring your own bread onto the ward.

## Anaesthetics

The type of anaesthetic you have will be discussed with you by the Anaesthetist pre-operatively on the day of surgery on admission unit.

- Spinal (Sedation optional)
- Epidural (Sedation Optional)
- General

## Getting To Theatre

- You will usually walk to theatre.
- Theatre is just across the corridor from pre-assessment.
- You may be off the ward for 3 to 5 hours, so please let your friends and family know.

## Therapy Assessment

You are usually able to participate in therapy approximately 2 hours post-op. This will be dependent on the side effects of anaesthesia and the time you return to the orthopaedic ward as the usual working hours for therapy are 8am - 4pm.

### Assessments will include:

#### Mobility

- Therapy will assess you with the appropriate walking aid. We will also complete a stairs assessment. Please see exercise booklet for the correct technique.

#### Transfers

- Therapy will assess your transfers which will include bed, chair, toilet and car transfers.

#### Washing and dressing

- Therapy assess how you manage to get yourself washed and dressed the day after your surgery and will provide advice on dressing aids as required.

#### Knee Range of Movement

- Your therapist will measure to which degree you are able to bend your knee - the desired level of flexion before returning home varies dependent on your Surgeon.

**Patients should take responsibility of completing the appropriate exercises from the exercise booklet in-between therapy assessments.**

## Discharge Information

### You will be discharged from hospital when the following have been completed:

- When goals with both Occupational Therapy and Physiotherapy are achieved.
- When you are medically optimised.
- Discharge can happen as early as the day after surgery - be prepared!
- Discharge process can take up to 3 hours due to medication needs & the Doctors/Nurses paperwork.

## The average stay in hospital is usually 1-2 days

### When You Get Home

**You have complete control over your recovery**

#### **You will be able to complete the following:**

- Make simple/light meals.
- Wash and dress yourself.
- Have a shower once advised (after 10-14 days).
- Get yourself in and out of bed.
- Stairs.
- You must follow your exercises (as provided by the ward therapists) 3 x daily.
- It is also important that you continue to ice your knee regularly to aid recovery - please see exercise for further details.

### Therapy Follow-Up

#### **Calderdale Patients**

If you live in Calderdale, you will receive a telephone call from the therapy team within 7 days of your discharge.

#### **Huddersfield Patients**

You will be referred to the Locala Community Therapy team who will contact you in due course to review progress.

**Locala: 0303 0034362**

Anyone out of the above areas will be referred onto services within their own locality.

### What to do next

Please complete the measuring furniture form – it is essential this form is completed prior to surgery. A member of the Therapy Team will contact you approximately 2 weeks prior to your surgery to obtain the heights of your furniture. We can then order the appropriate equipment to aid your recovery.

#### **Please Note:**

Therapy are unable to provide the following:

- Chairs
- Beds
- Dressing aids

It may be benefit to consider purchasing the below equipment in order to aid recovery/increase independence which can be purchased from various outlets online:

- Helping hand (Grabber)
- Sock aid
- Long handled shoe horn

**If you have any comments about this leaflet or the service you have received you can contact :**

Elective Orthopaedic Rehabilitation Team

Calderdale Royal Hospital

Tel: 01422 223554

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੁਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ کی زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
المذكور أعلاه"