

Therapy Department

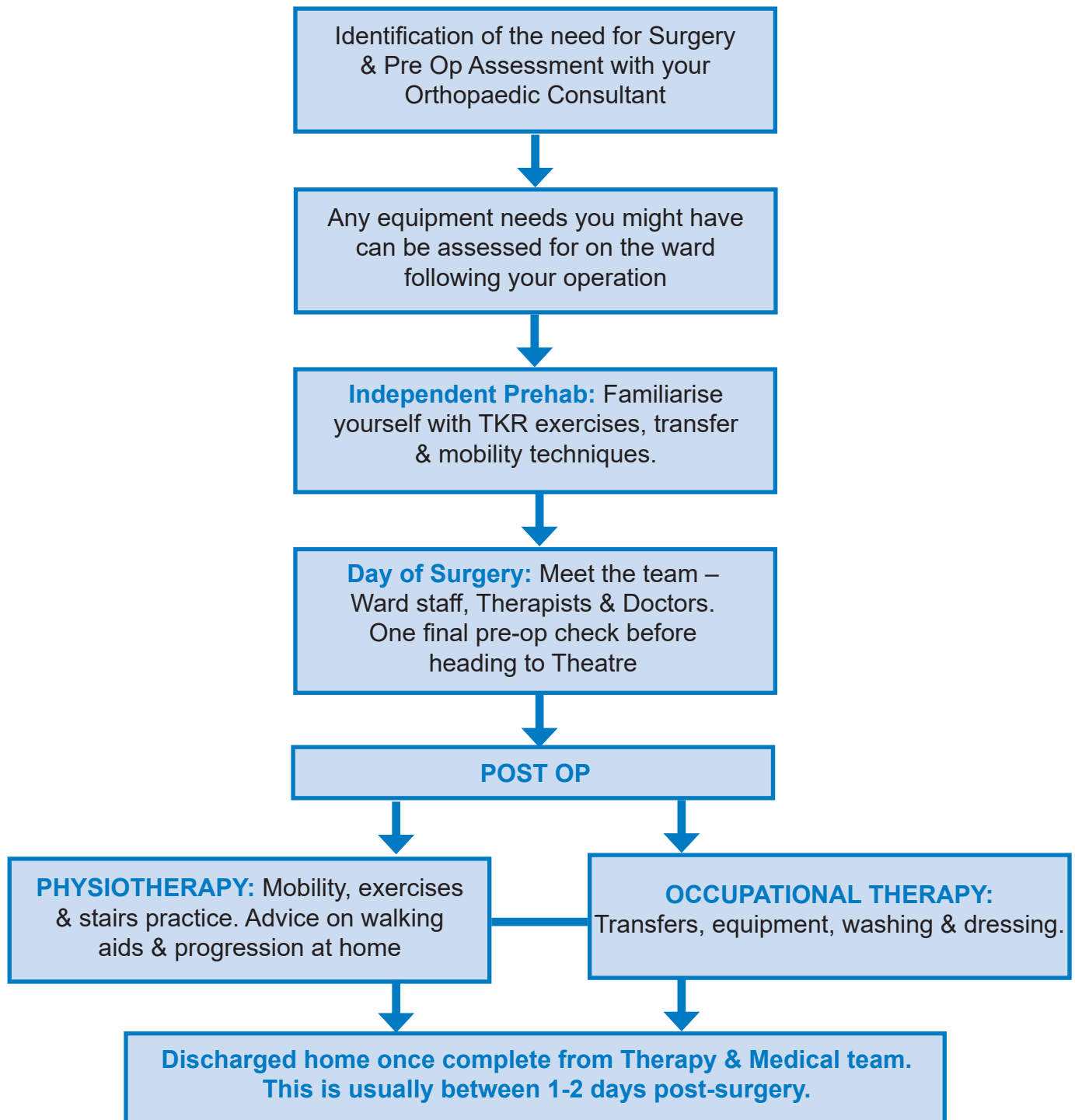
Therapy Advice Following Total Knee Replacement Surgery

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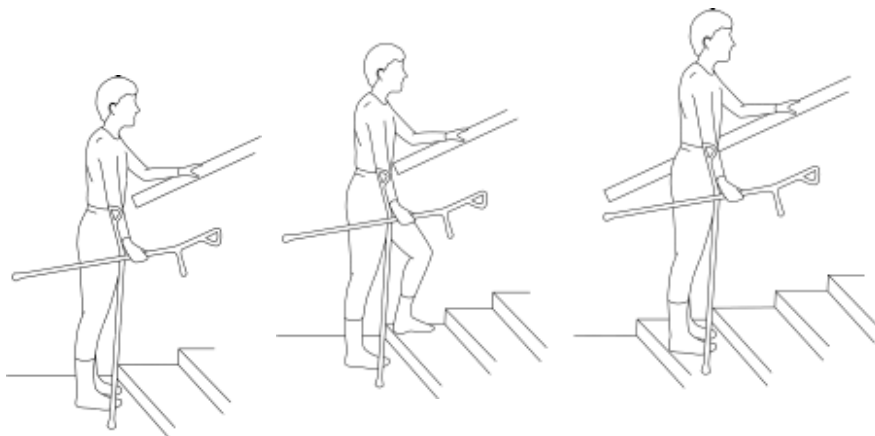
Introduction

This booklet is designed to inform you about what to expect throughout your knee replacement journey here at CHFT. We advise that you follow this guide to ensure this process is as smooth as possible. Please see below for a step by step guide.

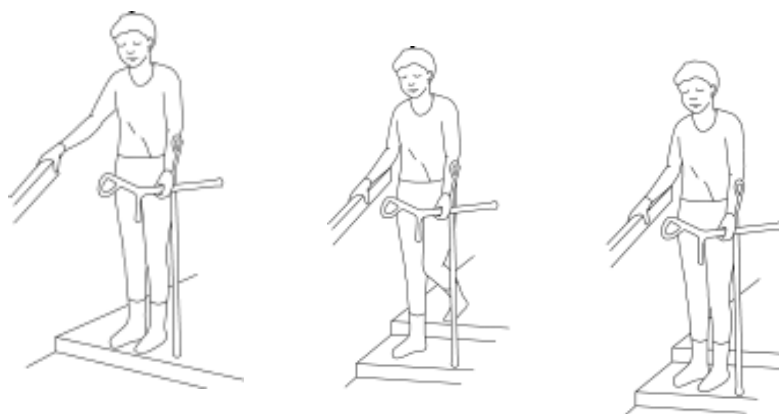


Stairs

It is advised that stairs are completed one step at a time. When ascending the stairs we lead with our non-operated side/good leg. Your crutch/walking stick then follows in the opposite hand to the stair rail.



When descending the stairs we perform the above in reverse. One step at a time technique remains. This time we lead with our operated side/bad leg. Our walking aid also leads alongside our operated leg in addition to the hand rail. The non-operated leg then follows.



Exercises

The following exercises need to be completed regularly post joint replacement to maximise your recovery. It is a good idea to familiarise yourself with these exercises prior to surgery. Your Physiotherapist will go over these with you on the Ward and provide you with an exercise booklet. They will also show the progression of these exercises to complete as you further your rehabilitation at home.

Static Quads

Lying with your operated leg straight in front of you, squeeze the thigh muscles and push the back of your knee into the bed. Hold for five seconds and relax. Repeat up to 10 times as your pain allows.



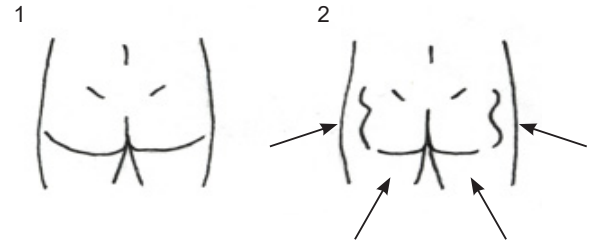
Straight Leg Raise

Lying with both legs flat in the bed, slowly raise your operated leg approx 2/3 inches from the bed and hold for 3 seconds. Repeat up to 10 times as your pain allows.



Glute Squeeze

Clench your buttock muscles together and hold for 5 seconds. Repeat this up to 10 times as your pain allows.



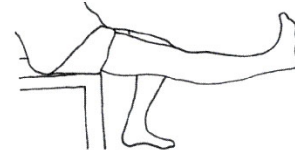
Hip Flexion/Heel slides

Lying with both legs flat in front of you, gently slide your operated leg towards you. Avoid bending beyond 90 degrees. Gently slide your leg back to a flat position. Repeat up to 10 times as your pain allows.



Seated Through Range Quads

In your chair, point your toes forward and slowly kick out your operated leg. Hold for five seconds and slowly bring your foot down to the floor. Repeat up to 10 times as your pain allows.



Knee Flexion in Sitting

Sitting in a chair or on a supportive surface, bend your knee back towards you whilst keeping the foot on the ground. You may use a slide sheet or plastic back to assist with this. Hold and repeat as pain allows. It is important during the early stages after your surgery to regain as much range of movement in the knee joint as possible.



Static Hamstrings

Sit or lie with your operated leg straight in front of you. Push your heel into the surface (floor/bed) and hold for 10 seconds. Repeat up to 10 times as your pain allows.



Mobility

Your mobility will be assessed by the Physiotherapy team post-surgery. Should your surgery be in the morning it is highly likely you will be getting out of bed on the same day – afternoon surgeries are usually seen the morning after their operation. You will initially be issued with a Zimmer Frame. We can then progress from this to crutches/sticks and stairs.

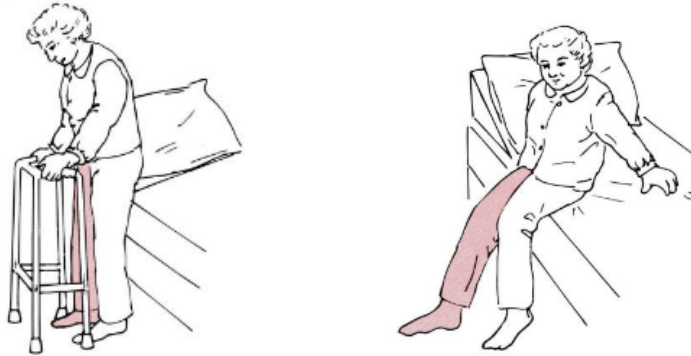
Pain and Swelling

Post-operative pain and swelling is expected and can sometimes last for up to 1-2 months post op. Our team will provide you with ice for the operated joint. It is important to continue using ICE at home. It is advisable patients take a consistent and appropriate dose of analgesia as guided by the medical team. You should continue with regular Ice Therapy once back at home.

Getting in and out of bed

It is recommended that you get into bed with your un-operated leg leading. This makes the transfer easier - however, this is not essential.

- Position yourself so that you can feel the bed on the back of your legs.



- As you lower yourself onto the bed reach back with your hands. **It is safe to bend your knee as pain allows as we need to encourage good range of movement in the joint as soon as possible after surgery.**
- Sit back far enough to give full support to the operated leg and then either swing your legs onto the bed, keeping them together and avoiding any twisting motion or, if this is too difficult, use your arms to lift yourself back onto the bed, again keeping your legs together and use the un-operated leg to help.



Getting on and off a chair/toilet

Ensure the chair or toilet you are going to sit on is the recommended height for you - firm and upright with armrests or with suitable equipment issued to you by the Occupational Therapy Team.

- To sit down, stand close enough to feel the chair against the back of your legs. Reach back for the arms of the chair/toilet and as you lower yourself down **bend your operated leg as pain allows to encourage good range of movement in the knee joint.**
- To stand up, place the operated leg out in front of you, push up with both hands on the arms of the chair, once balanced place hands on the walking aid you have been assessed safest with.
- Do not use the frame to pull yourself up with. Do not stand up or sit down with your hands still in the crutches.



Dressing with aids

It is recommended that you dress the operated leg first and undress it last.

Organise yourself so all your clothes are easy to hand and you are sitting in a chair.

A dressing aid such as a help in hand (grabber) is useful to help put on your lower half clothing. Remember to always use the dressing aid on the outside of your operated leg.

1. Gather the leg hole of your pants/knickers/trousers and grip it with the helping hand.
2. Using the helping hand lower your pants to the floor and hook them over the foot of your operated leg.
3. Keeping hold of your pants with the helping hand, pull them up your leg to your knee.
4. Grip the un-operated leg hole of the pants with the helping hand and manipulate this over your un-operated foot as before. Once your pants are positioned at your knees you can pull them up as required.
5. Reverse the procedure to take them off.
6. Skirts with elasticated waists can be pulled over your head.
7. Use a long handled shoe horn to help with putting your shoes on and taking them off. When choosing footwear, remember that they need to be supportive.
8. If needed, use a sock aid to put your socks on and take them off.



Car Transfers

Do not drive for the first six weeks or until you have been told to do so by your consultant. You may need to inform your insurance company of your recent operation. You can be a passenger for 30 minutes for the first 2 weeks.

- Position the car away from the curb so you have less of a drop to negotiate when sitting down.
- Adjust the passenger seat so it is as far back as possible and angled so that it is partially reclined.
- With the passenger door open, back up to the car. Keep walking back until you feel the seat on the back of your knees.
- Before sitting down, put your left hand on the door frame of the car. Have someone hold the car door open to prevent it from closing on you.
- Gently lower yourself down and lift yourself backwards lifting your bottom towards the drivers seat.



- Lift both legs together and slide into the car so you are now facing the dashboard.
- To transfer out of the car reverse the above procedure, ensuring the operated leg is out before standing.
- You may find it helpful to use a plastic bag to sit on to aid your transfer but ensure if you do this you remove the plastic bag before the car is driven.

Household Tasks

You may initially need support with household tasks following your surgery whilst mobility is restricted.

The Kitchen

It is recommended that you rearrange the contents of your fridge and cupboards so you can reach the more essential items without bending down. A high stool is useful to sit on, for example, when you are preparing vegetables or for eating meals if you are unable to carry it to the dining table.

Work

If you need a medical certificate for your employer, please ask the nurses before you leave hospital. Further certificates can be obtained from your GP.

Sports and Hobbies

If you wish to return to sporting activity you will need to consult your Surgeon before doing so. Activities such as swimming & walking can be performed in the earlier stages. Golf and racket sports can be considered further down the line. Higher impact sports which involve running/jogging are not recommended.

A graded return to driving is advised. Avoid kneeling for long periods as this could cause pain/ aggravate the knee joint. You may consider using a kneeling stool or long handled tools. It is also advised heavy lifting tasks are avoided in the early stages.

Infection Control

All patients are pre-operatively screened for MRSA.

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. Please also make sure you have made arrangements for any pets you own to be looked after as required.

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

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 come to the Day Procedure Admissions unit on level 3.

Ward Information

The Orthopaedic post-op ward is situated on 8B on level 3. The ward has side rooms and 4 bedded areas, single sex bays, rooms and bathrooms. Meal times are protected 12.00 - 1.00pm and 5.00 - 6.30pm. Visiting times on the ward are 10am - 8pm.

When you get home

Calderdale Patients

Once you have completed your inpatient therapy, the therapy team will arrange an outpatient physiotherapy appointment for you. This is usually scheduled for around two weeks after your surgery.

Huddersfield Patients

You will be referred to the Locala Community Therapy team who will contact you to book into their outpatient clinic, they aim to see you within 2 weeks of your surgery.

Locala: 0300 304 5555

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

What to do next

A member of the therapy team assess for and order any appropriate equipment you may need on the ward following your surgery.

PLEASE NOTE:

Therapy are unable to provide the following:

- Chairs
- Beds
- Dressing aids
- Wheelchairs

It is advised (but not essential) that you purchase the following aids prior to surgery which can be purchased from various outlets online:

- Helping hand (Grabber)
- Sock aid
- Long handled sponge
- 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

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

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اگر آپ کو یہ معلومات کسی اور فارمیٹ طرزبان 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"