

Total knee replacement: Recovery

Enhanced recovery after surgery program

TO BETTER GUIDE YOU

You play the most important role in your surgery and your recovery.

General advice

Moving often after your surgery is important for your recovery. It's normal for the first few days after surgery to be more difficult.

Change positions every hour to keep your operated leg flexible and help prevent stiffness. Walk as often as possible using your walker, following your doctor's instructions.

Rest is also important, as it helps you recover.

Instructions to follow

- You can move your knee normally and put weight on your leg, as much as you are able.
- You can use a belt or strap to help increase your range of motion.
- Listen to your body and stop the movement when it becomes uncomfortable.
- After a few weeks, kneeling, squatting, and getting on your hands and knees are allowed as tolerated. Wearing knee pads is suggested to prevent discomfort

Do your exercises

Do the circulation exercises shown in this handout every hour for the first few days.

If your leg is swollen, lie down for 15 minutes, 3 times a day. Elevate your leg above your heart level.

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Managing your pain

Pain is normal after surgery.

- Take the medication prescribed by your doctor.
- Put ice on your hip for 15 minutes.
- Wait at least an hour before applying ice again to avoid burning your skin.

Tip

Take your medication 30 minutes before to make the exercises easier.

Walk after surgery

Try to walk normally with your operated leg. Follow these instructions:

- bend your knee
- put your heel on the floor first, then your toes
- when your foot is on the floor, keep your knee straight
- alternate your steps
- keep your walker close to you
- keep your back straight and look straight ahead

Use your walker

Use your walker during the first few weeks until you regain your strength and experience less pain.

How to adjust your walker?

- While standing, keep your back straight and your arms relaxed at your sides.
- Adjust the height of your walker legs by making sure the hand grips are level with the crease of your wrists.
- You can put as much weight as needed on the walker with your hands to reduce the weight placed on your operated leg.
- If the walker was loaned to you, return it according to the instructions provided when it was borrowed.

Stairs

If you have two handrails that are close enough together, use both for support. Otherwise, use the available handrail and a cane. Stay close to the handrail to be more stable

To go up

Go up one step at a time, with both feet on each step:

- the non-operated leg goes up first
- then bring your operated leg onto the same step
- keep your cane on the same step as your operated leg

To go down

- place your cane first, then place your operated leg on the same step
- then bring your non-operated leg onto the same step
- go down one step at a time

Physiotherapy follow-up

If recommended by your orthopedic surgeon, your physiotherapy follow-up will take place at an outpatient clinic or private clinic in your area.

Exercices

Here are the exercises to do during the first few days after surgery.

Do these exercises 2 to 3 times a day, depending on what you can tolerate.
Perform the movements slowly to ensure they are done correctly.

Get well soon!

Circulatory exercises

REPETITIONS **30** HOW OFTEN: **every hour**





- Pull your toes and foot towards you.
- Then point your toes downwards as far as possible.
- Repeat

Active knee flexion

REPETITIONS **10** HOLD: : **5** secondes





- Lie on your back with your legs straight.
- Bend one knee as far as possible without using your hands.
- Hold the position for 5 seconds.
- Straighten your leg again, then repeat.

Assisted knee flexion

REPETITIONS: **10** HOLD: **5** seconds





- Lie on your back, place a towel around your ankle, and hold the ends of the towel in each hand.
- Bend your knee as far as possible, then pull on the towel to bend your knee further.
- Hold the position for 5 seconds, then release.

Knee flexion/extension

REPETITIONS: **10** HOLD: **5 seconds**





TIP
Use a towel on the floor as needed to make the movement easier.

Sit on the edge of a bed or chair with your knees bent and your thighs supported:

- Bend your operated knee as far back as possible. Try to bring your heel toward your buttocks without lifting your buttocks off the chair
- Hold the contraction for 5 seconds, then repeat.

Isometric quadriceps

REPETITIONS: **10** HOLD: **5** seconds





In a seated position, with your leg extended:

- Contract the quadriceps muscle at the front of your thigh by trying to push the knee downwards.
- Hold the contraction for 5 seconds. Relax and don't hold your breath.

Knee extension

REPETITIONS: **10** HOLD: **5** seconds





- Place a rolled towel under your knee.
- Lift your foot as high as possible by fully straightening your knee, while keeping your knee in contact with the towel.
- Hold the position for 5 seconds, then slowly lower your leg.

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