

# Total Joint Program Patient Guide

Total Knee Replacement

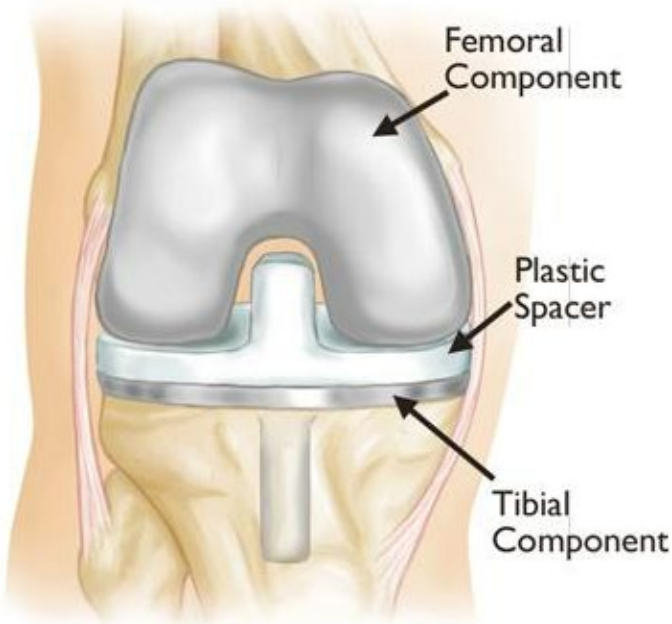
Carson Valley Health  
Rehabilitation and Outpatient Therapy Center

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# Understanding Your Surgery



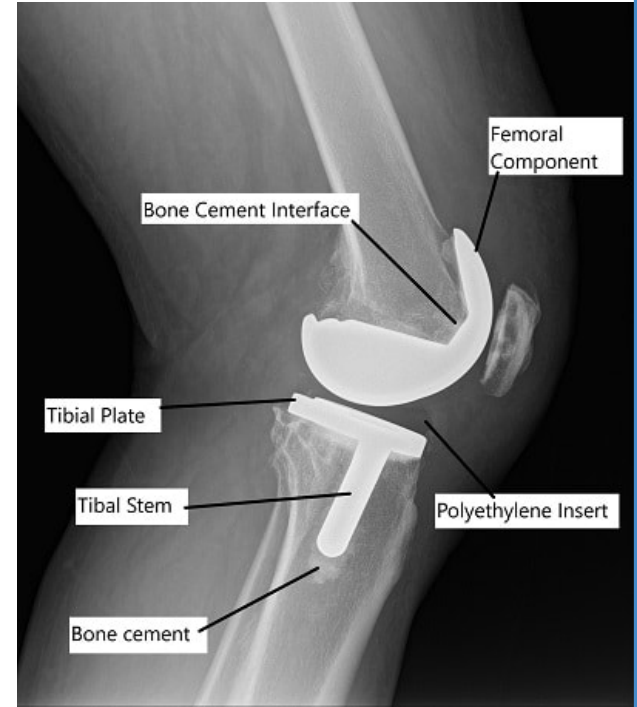
Damaged Knee Joint



Replaced Knee Joint

# Understanding Your Surgery

- A total joint replacement surgery is done to repair an injured or degenerative joint.
- This typically consists of a femoral and tibial component (top and bottom). Once the components are in place, the surgeon will ensure a proper fit and range of motion.
- This surgery typically takes around 1-2 hours. You will likely be discharged to your own home the same day of surgery, depending on progress with function and pain control.
- This new prosthesis will typically last for 15-20 years with normal use.



# Pre-Op Exercises

- Perform these exercises **2 times per day** until your surgery
- Lying Down
  - Heel slides
  - Quad Sets
  - Knee extension with towel roll
  - Hamstring Isometrics
- Seated
  - Self patellar mobilizations
  - Long Arc Quad
  - Seated Hamstring Stretch
- Standing
  - Hip Abduction
  - Mini Squats
  - Heel Raise

\*\*Web access to pre-op exercises with videos and instructions:

- [Medbridgego.com](https://www.medbridgego.com)
- Access Code: **NPF9KZFH**



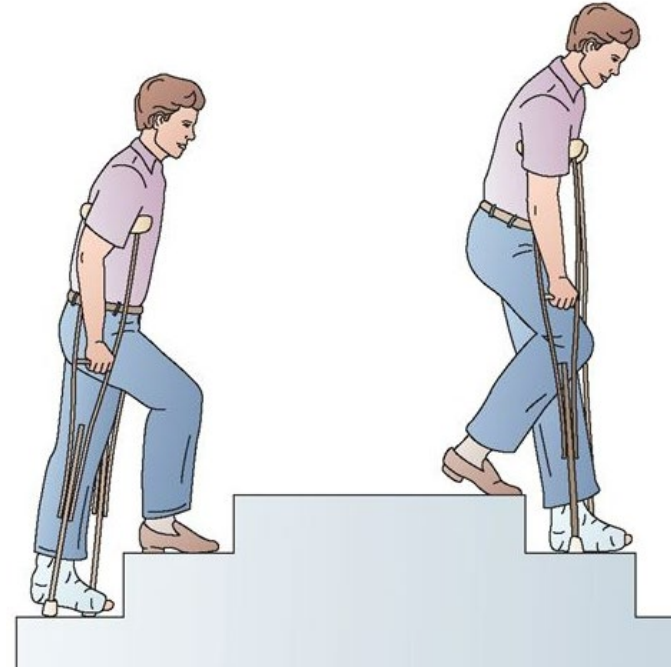
# Home Safety and Set-Up

- Before your surgery you will want to obtain:
  - Front wheeled walker
  - Raised toilet seat (with or without arms depending on your space/needs)
  - Shower chair (adjustable height)
  - Long handled shoe horn
- Home set-up considerations/ Fall risk prevention:
  - Install grab bars at shower and toilet
  - Remove area rugs
  - Remove extension cords
  - Plan for care/ management of pets
  - Put everyday items in easy to reach places to avoid bending/ reaching
  - Install night lights
- Make sure to have a dedicated caregiver available 24 hours a day for at least the first 3-5 days



# What to Expect Day of Surgery

- In-hospital therapy goals
  - Safe getting in and out of bed
  - Safe and independent transfers
    - From bed to toilet/ wheelchair
  - Safe and independent walking with walker
  - Safe and independent stair climbing (if applicable)
    - “Up with the non-surgical leg, down with the surgical leg”
    - Ascending
      - Step up with the non-surgical leg first, then the surgical leg
    - Descending
      - Step down with the surgical leg first, then the non-surgical leg



# Early Mobilization

- Your physical therapist will get you up and walking on the same day as your surgery
  - Usually around 4 hours after surgery
- It is important to remember that this immediate activity after surgery is very important and can help with:
  - Improving pain
  - Improving physical function/ mobility
  - Improving lung function
  - Preventing blood clots
  - Preventing pneumonia
  - Preventing urinary retention

# Activities of Daily Living

## Lower Body Dressing/Bathing

- If needed, adaptive equipment can allow you to perform lower body self care activities safely and independently.
- Adaptive equipment: sock-aid, reacher, long handle shoe horn, long handle bath sponge as needed (if you don't have help at home)





# Activities of Daily Living

## Sock aid use (from seated position)

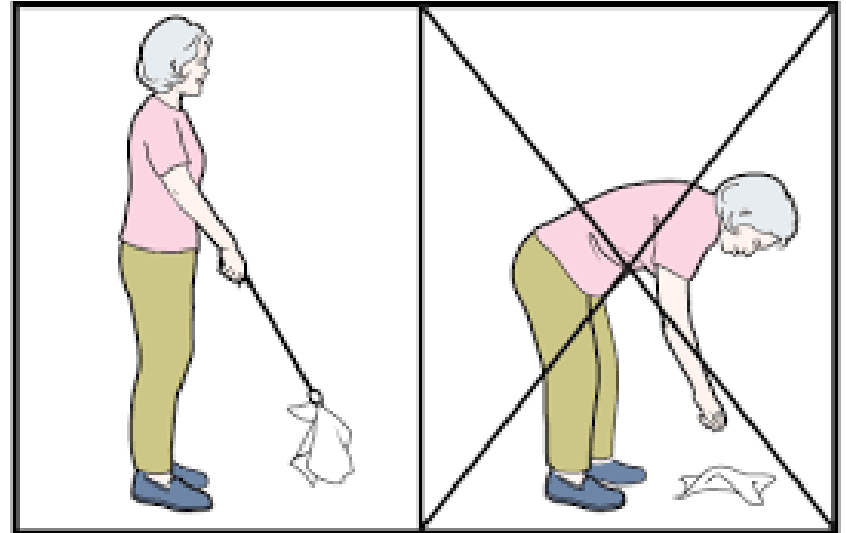
- Hold sock aid between your knees
- Pull sock completely on to the sock aid about half the length of the cloth part of the sock aid
- Use the strap handles to lower the sock aid to the floor in front of your foot
- Place foot into the sock/sock aid
- Pull on strap handles in an upward angle until the sock aid pulls out of the sock and the sock is on your foot



# Activities of Daily Living

## Reacher Use:

- Reachers are a tool to help further your reach and are helpful for reaching/retrieving light objects and can also increase independence with tasks like lower body dressing (putting on underwear, pants, shorts as well as taking socks off).



# Ice and Elevate

- To help control pain and swelling, use ice pack to the area around surgical site.
- 10-15 minutes at a time 3-5x per day or as needed
- Elevate knee so that it is above the level of the heart
- Don't have an ice pack?
  - Combine 1 cup rubbing alcohol to 2 cups water in a ziploc bag and place in the freezer



# Post-Op Exercise

- Once home, it will be important to follow the exercises given to you by the physical therapist at the hospital until you begin outpatient physical therapy.
- Try to get up and walk with your walker for 3-5 minutes once every 2 hours during the day to help maintain strength, decrease fall risk, and decrease risk of blood clots.
- Focus on getting your knee to go as straight as possible at first, and then work on bending your knee.
- Remember to keep your knee straight at rest with support under the ankle, do not place support under the knee.



# Outpatient Therapy Slide

OPPT will be recommended by your physician and you can choose to go to any clinic that you like. We hope you will choose to have therapy with us.

OP therapy generally starts within 1-2 weeks after surgery, don't delay.

# Conclusion

- We are happy you have chosen to have your total joint surgery at Carson Valley Health, and we are here to help you get back to doing all of the things that you love!
- You should be back to your normal routine within three (3) months after surgery.
- Remember to contact your physician at any time if any questions or concerns arise.

