

## ***Life with a total knee replacement***

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Here is some important information to help you prepare for the surgery and what to expect afterwards.

After a knee replacement, I encourage patients to mobilize. Physiotherapists will help you to do so in the immediate post operative period.

Some targets to be attained after your surgery are

- 1) Mobilize with a walker or crutches on day 1 or Post op day 1.
- 2) Walk in the room by day one
- 3) Go to the toilet with the help of a walker by day 1.
- 4) Transfer to a chair by day 1 with feet elevated.
- 5) Bend your knees from day 2 and achieve 60- 90 degrees of bending by week 1.
- 6) Climb stairs by day 4 or 5.
- 7) Use the advanced knee mobilizing equipment in the Gymnasium in week 2.
- 8) Give up use of walker by approximately three weeks after a single total knee replacement and 4 weeks after bilateral total knee replacements.

## **Exercises:**

## To Help You To Prepare For Your Knee Replacement Surgery

To help you to prepare for your knee replacement surgery you may practice the following exercises at home. The purpose of these exercises is to strengthen muscles, which will be useful in your rehabilitation. These exercises should be performed at least twice a day in repetitions of 10 for one month before surgery.

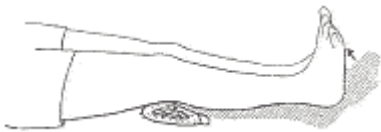
### 1. Heel Slide

(done lying on your back)

Slide your heel along the surface, bending the knee towards your chest

Hold for 3 seconds

Then slide the heel downward, straightening the knee.



### 2. Quad Sets

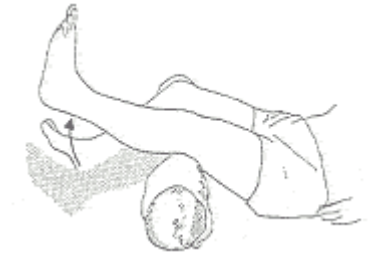
With a rolled towel under your knee, press downwards, tightening the knee and raising the heel approximately 1 inch off the surface.

### 3. Short Arc Quad Sets

With a bolster under your

knee, raise the foot and straighten your knee.

Hold for 3 seconds. Lower your foot slowly



#### 4. Straight Leg Raise

Raise your leg toward the ceiling, keeping the knee straight.

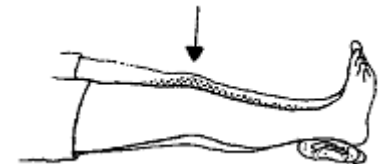
Your opposite knee should be bent, with your foot flat on the surface to protect your back from straining.



#### 5. Posterior Knee Stretch

With a rolled up towel under your heel, press the back of the knee downwards towards the surface.

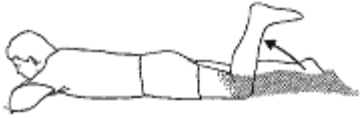
Hold this position for 3 seconds. Then release.



#### 6. Knee Flexion Prone

(Lying on Stomach)

Raise the foot, bending the knee



towards the buttocks.  
Hold this stretch position  
for 3 seconds, then lower  
slowly to the surface.

### 7. Knee Extension

Begin with your feet flat on the floor. Slowly raise your foot straightening the knee. Hold this position for 3 seconds keeping the back of your thigh on the chair. Lower your foot to floor. This exercise can be done with a small rolled towel under your thigh

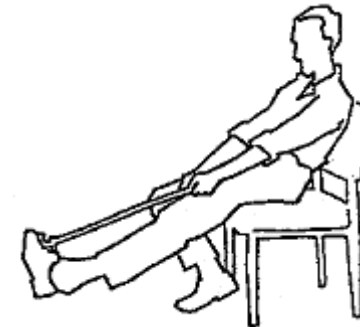


### 8. Dorsi/ Plantar Flexion

Begin with both feet flat on floor. Raise your toes up keeping your heels on the floor.

Reverse, raising both heels with your toes on the floor.

Continue alternating, raising first the toes and then the heels.



### 9. Gluteal Sets

Recline on your back, supported by your elbows.

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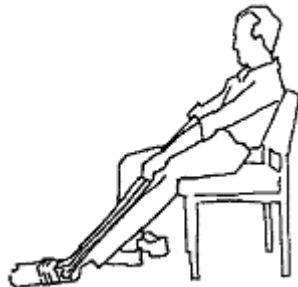
push the sock off your foot.

## Shoes

If needed, use a dressing stick to put on your shoes.

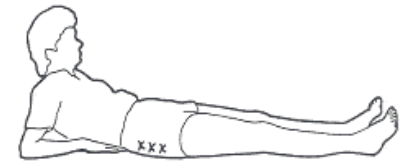
Wear slip-on shoes or use elastic shoelaces so you won't have to bend over to put the shoes on and tie the laces.

Using the dressing stick or a long-handed shoehorn to put on or take off your shoes.



Keep both legs straight.

Squeeze your buttocks together as tightly as possible. Hold for five seconds and relax.



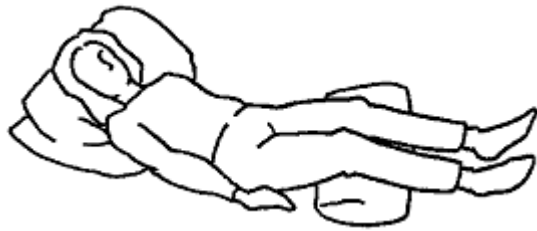
## Moving about following your total Knee Replacement Surgery

### Lying in Bed



correct

Do not put a pillow under your leg because this may cause you to develop stiffness in your hip and knee, making it difficult to straighten your leg.



Incorrect

## Moving about following your total Knee Replacement Surgery

### Getting in and out of the Shower

You may choose either to stand or to use a chair in the shower. There should be a rubber mat or non slip surface on the floor.

1. Walk to the lip of the shower, and turn so that you are facing away from the shower stall.
2. Reach back with one hand for the back of the chair, leaving your other hand on the walker.
3. Sit down on the chair (see drawing).
4. Lift legs over lip of the shower stall and turn to sit facing the taps.

reversing step # 3.

### [Socks and Stockings](#)

## Moving about following your total Knee Replacement Surgery

### Dressing - Socks and Stockings - Shoes

1. Slide the sock or stocking onto the stocking aid. Make sure the heel is at the back of the plastic and the toe is tight against the end. The top of the sock should not come over the top of the plastic piece. Secure the sock in place with garter or notches in the plastic piece.
2. Holding onto the cords, drop the stocking aid out in front of the operated foot. Slip your foot into the sock and pull it on (see drawing). Release the garters, or remove the sock from the notches with the dressing stick. You may put the sock on your non-operated foot in your usual manner.
3. To take socks or stocking off, use the hook on the dressing stick to hook the back of the heel and

underwear or slacks with the hook. Lower the stick to the floor and slip the leg of the slacks over your operated leg first. Then do the same for your non-operated leg.



3. Pull the slacks up over your knees. Stand, with the walker in front of you, and pull the slacks up.

4. When undressing, take the slacks and underwear off your non-operated leg first,



## **Moving about following your total Knee replacement surgery**

### **Toilet Transfer**

You may need to use a raised toilet seat

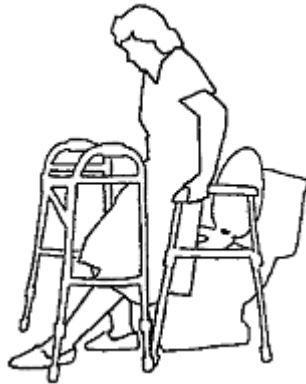
1. 1. Back up to the toilet until you feel the back of your knees touching it. Reach behind for the arm rests and slowly lower yourself onto the toilet, allowing your operated knee to bend.



1. Use a reacher to reach objects on the floor. Do not bend down to pick up objects.

2. A walker basket is available. It fits on your walker and can be used to carry items.

3. Remove scatter rugs from the floor to avoid tripping over them.



2. Reverse the procedure for getting up; pushing up from the arm rests.

Gain your balance in standing before reaching

## Moving about following your total Knee Replacement Surgery

### How to use your walker?

## Moving about following your total Knee Replacement Surgery

### Dressing - Slacks and underwear

1. Sit on the side of the bed or in an armchair. When dressing your legs use a dressing stick to hook your pants. Always dress the operated leg first.

2. Put on underwear and slacks first. Using the dressing stick, catch the waist of the





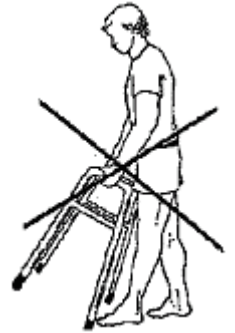
There are no restrictions on bending forward at the hip.



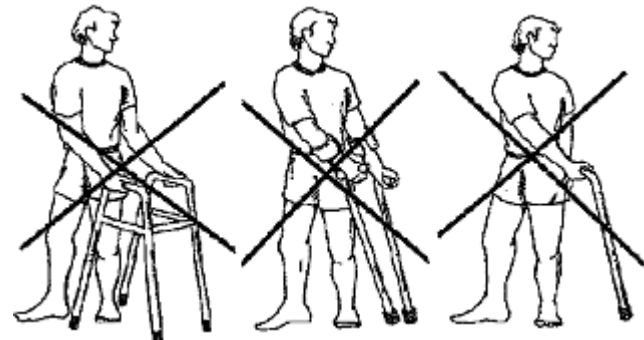
## Moving about following your total Knee Replacement Surgery

### Reaching for Objects

**DO NOT** take a step unless your walker is flat on the ground. This drawing shows the **WRONG WAY** of using a walker.



When walking with a walker, crutches or cane, **DO NOT TURN** by **PIVOTING ON YOUR OPERATED LEG**. These drawings show the **WRONG WAYS** of turning.



## Moving about following your total Knee Replacement Surgery

### How to Climb and Descend Stairs?

**Guideline Following single**

## Knee replacement surgery

### Climbing Stairs

The non-operated leg goes first.  
The operated leg goes second.  
The cane or crutches go last.



### Descending Stairs

The cane or crutches go first.  
The operated leg goes second.  
The non-operated leg goes last

## Following bilateral Knee replacement surgery

### Climbing The Stairs

The stronger leg goes first.  
The weaker leg goes second.  
The cane or crutches' go last.

### Descending The Stairs

The cane or crutches goes first.  
The weaker leg goes second.  
The stronger leg goes last.



## Moving about following your total Knee Replacement Surgery

### Sitting

Sitting may be easier if you sit on a chair that is not too low, allowing your hips to be higher than your knees. It may also be more comfortable to elevate your operated leg. This should also be done to prevent or decrease swelling.

