



ST VINCENT'S
PRIVATE HOSPITAL
TOOWOOMBA

*Information for
Patients*

Physiotherapy

following Total Knee Joint Replacement

Phone: (07) 4690 4000

This information is a general guide only. Instructions and specific exercises may vary depending on your specific surgery and situation. Your surgeon or physiotherapist will inform you of any further instructions or limitations. Please ask if there is anything you are unsure about.



Do you need an INTERPRETER?

The hospital provides a free, confidential interpreting service. Please ask your doctor or nurse to organise one for you.

HA BISOGNO DI UN INTERPRETE? L'ospedale offre un servizio interpreti gratuito e confidenziale. Chieda al Suo medico o alla Sua infermiera di organizzarLe un interprete

¿NECESITA UN INTÉRPRETE? El hospital le ofrece un servicio de intérpretes gratuito y confidencial. Por favor, solicite a su médico o enfermera que lo organice.

ΧΡΕΙΑΖΕΣΤΕ ΔΙΕΡΜΗΝΕΑ; Το νοσοκομείο παρέχει δωρεάν, εμπιστευτική υπηρεσία διερμηνείας. Παρακαλείστε να ζητάτε από το γιατρό ή νοσοκόμο σας να κανονίζει διερμηνέα για σας.

TREBA LI VAM TUMAČ? Bolnica pruža besplatnu i povjerljivu službu tumača. Molimo vas, upitajte vašeg liječnika ili medicinsku sestru da vam to organiziraju.

ДА ЛИ ВАМ ТРЕБА ПРЕВОДИЛАЦ? Болница пружа бесплатне, поверљиве услуге преводиоца. Замолите свог лекара или медицинску сестру да вам обезбеде преводиоца.

QUÍ VỊ CÓ CẦN THÔNG NGÔN VIÊN KHÔNG? Bệnh viện cung cấp dịch vụ thông ngôn miễn phí và kín đáo. Xin yêu cầu bác sĩ hay y tá sắp xếp thông ngôn viên cho quý vị.

您需要傳譯員嗎? 本醫院提供免費而保密的傳譯服務。請要求您的醫生或護士為您安排傳譯員。

TERCÜMANA İHTİYACINIZ VAR MI? Hastanemiz ücretsiz ve gizlilik ilkesine bağlı tercümanlık hizmeti sunmaktadır. Doktorunuz veya hemşirenizden size bir tercüman temin etmelerini rica ediniz.

MA U BAAHAN TAHAY TURJUMAAN? Isbitaalku wuxuu bixiyaa adeeg turjumaan oo lacag la'aan ah, qarsoodina ah. Fadlan weydii dhaqarkaaga ama kalkaaliyahaaga inay turjumaan kuu ballamiyaan.

هل أنت بحاجة إلى مترجم؟ نقدم المستشفى خدمة ترجمة مجانية وسرية. الرجاء الطلب من طبيبك أو الممرضة الترتيب لمترجم لأجلك.

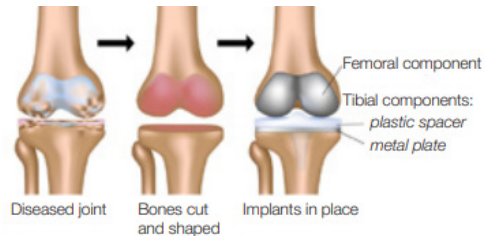
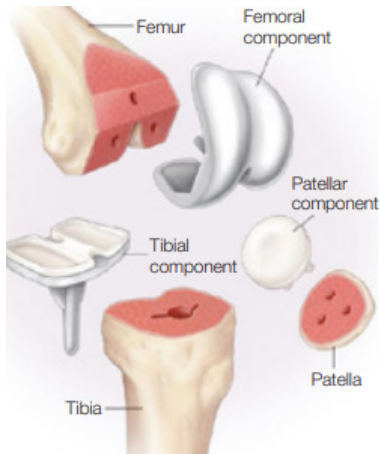
Physiotherapy following Total Knee Joint Replacement

Welcome to St Vincent's Private Hospital Toowoomba

Our Hospital's Orthopaedic Physiotherapy Team will work with you to regain normal function after your operation.

They will provide you with advice and a home exercise program to enable you to continue your rehabilitation at home.

Please take the time to read through the information in this booklet as it is relevant to your recovery and outcomes.



Post-operative care: *for your safety and care*

- Do not get up or walk without assistance until you are informed that you are safe to do so
- Wear appropriate footwear whenever you are walking
- Do not sit for more than 30 minutes at a time
- When lying in bed ensure your knee is completely straight at all times. Do not place pillows or towels under your knee or use the bed mechanics to bend the knee.



**Do not place pillows or towel rolls under your knee to sleep.
It is important your knee rests fully straight.**

General post-operative advice:

Pain relief

Co-ordinate your pain relief medication (analgesia) with your treating team.

It is important to take your pain medication as prescribed. It is normal to have some discomfort and stiffness following surgery. It is necessary to take your pain relief medication regularly so you can move walk and exercise comfortably.

Swelling

Swelling around the knee is normal after your operation. We recommend that you limit sitting to a maximum of 30 minutes (sitting for meals is usually adequate), ice the knee frequently, lie with your knee as straight as possible.

Exercises: *immediate post-operative*

☐ Relaxed deep breathing

- Relax your shoulders and take a slow, deep breath in
- Hold for three (3) seconds, then slowly breathe out
- Repeat ten times hourly



☐ Foot and ankle pumps

- Move your feet up and down from the ankles
- Repeat ten (10) times every hour when awake
- Make sure that you aren't just wiggling your toes, but that your whole foot is moving up and down at the ankle



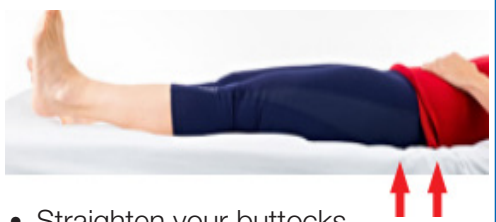
Exercises: *bed*

Thigh muscle (quadriceps) squeezes



- Straighten your knees and tighten your thigh muscles
- Hold for five (5) seconds
- Repeat ten (10) times every hour when awake

Bottom squeezes



- Straighten your buttocks (gluteals) gently together
- Hold for 3-5 seconds
- Repeat ten (10) times every hour when awake

Straight leg raise



- Lie flat on the bed
- Bring your toes up towards your head
- Activate your quadriceps muscle by straightening your knee
- Then lift your leg up into the air
- Repeat five (5) times, two (2) times a day

○ Inner range quadriceps



- Lie on the bed with your operated knee resting over a rolled towel
- Keeping your knee resting on the towel lift your heel off the bed so you are straightening your knee
- Aim to hold your knee straight for 2-3 seconds before slowly lowering your heel back down to the bed
- Repeat five times (5), three (3) times a day

○ Ankle roll



- Whilst lying in bed place your ankle over a rolled up towel as shown in the picture
- You should feel a stretch behind the knee. Your physiotherapist will advise you as to how long to remain in this position. _____ minutes
- You may place a bag of ice on your knee during this stretch

Exercises: *seated*

Drop and dangle

- When getting out of bed try to spend a few minutes sitting on the edge of the bed bending the knee



Sitting in chair



- Sit at the back of your chair with your knee bent as far as you can
- Whilst keeping your foot on the floor, slide your bottom to the front of your chair, increasing the bend in your knee
- Hold for five (5) seconds, then relax
- Repeat three (3) times when sitting in your chair for meals

Exercises: *standing*

These exercises should be performed whilst you hold onto a firm support, such as a kitchen bench. Remember to keep your back straight. Aim to do these exercises two (2) times a day.

Hip abduction

- Keep your knee straight and your toes pointed forwards, as you take your operated leg out to the side and back to midline
- Repeat ten (10) times



Forward knee lifts

- Bend your knee and lift your operated leg forward in front of you. Do not lift past 90 degrees.
- Repeat ten (10) times



Mini squat

- With weight evenly balanced between both legs, slowly squat down a quarter of the way
- Hold this position momentarily, then slowly stand up again
- Repeat ten (10) times



Calf raises

- Keeping both feet on the floor, rise up on to the balls of your feet
- Hold three (3) seconds then slowly lower your heels back to the floor
- Repeat ten (10) times



Standing knee flexion



- Bend your knee so you aim for your heel to move towards your bottom as much as you are able
- Slowly lower your foot back to the floor. Keep your knees in line with one another.
- Repeat ten (10) times

Overview of your Hospital stay

Discharge goals

You are ready for discharge when:

- You can get in and out of bed yourself
- You can get on/off a chair by yourself
- Your knee is bending and straightening effectively
- You can walk well using a mobility aid (***or alternative mobility aid***)
- You can go up and down a flight of stairs (if relevant)

Home or rehabilitation

Some people will be able to achieve their discharge goals within 3-5 days and are ready to go home. In general, if you are well enough to be home, it is better to be at home rather than in hospital. However, some people have complex medical conditions, live remotely or are living in circumstances where they require a higher level of function to be safely discharged. If this applies to you, a period of inpatient rehabilitation may be recommended.

Discharge Plan

You will be able to discharge immediately home with follow up services within 3-4 days. It is better to be at home rather than in hospital.

Equipment for home

It is your responsibility to arrange equipment required at home prior to discharge.

Your physiotherapist will advise you on which mobility aid is best and can provide brochures with information about equipment.

In addition to a mobility aid you may wish to consider the following:

Over toilet frame -

provides a raised toilet seat height as well as arm rests to help push up from.

Local suppliers - Toowoomba

Aidacare Mobility and Healthcare Equipment

3/342 Taylor Street, Toowoomba

Phone: 07 3086 2990

Opening hours: 8.30am - 5.00pm Mon-Fri

Friendlylies Mobility and Independent Living

8 Mylne Street, Toowoomba

Phone: 07 4637 1888

Opening hours: 8.00am - 5.30pm Mon-Fri
8.30am - 12.30pm Sat

Independent Living Specialists

18-22 Prescott Street, Toowoomba

Phone: 07 4639 3977

Opening hours: 8.30am - 4.30pm Mon-Fri
9.00am - 12.00pm Sat

Frequently asked questions

Should I apply ice to my knee at home?

Continue to ice your knee 3-4 times per day for at least (6) weeks after surgery. This should be done for 10-20 minutes at a time. Never apply ice directly to your skin. Make sure it is wrapped in a pillow case or towel.

Should I have further physiotherapy once I am home?

Yes, your physiotherapy options will be discussed with you while you are in hospital.

How much should I walk and exercise at home?

Once you are home it is important that you do regular short walks. Continue the exercises prescribed by your physiotherapist once you are home.

Helpful hints for the home

Sleeping

- Ensure your bed is at the correct height to get in and out easily
- Remove any trip hazards around the bed, including coverings that may catch on your feet
- Turn bedside light on prior to getting out of bed at night
- Discuss with your surgeon regarding side sleeping

Sitting

- Use a tall chair with arms

Bathing / Showering

- If you do not feel confident standing in the shower use a stable shower chair

Dressing and reaching

- A sock aid and long handled shoe horn can assist with shoes and socks
- A handy reacher will allow you to pick up objects off the floor. It can also assist in washing, drying and dressing

Kitchen

- Store items at waist height
- Where appropriate leave commonly used items out on the bench
- Slide items along the bench to avoid carrying
- Use a kitchen trolley if necessary

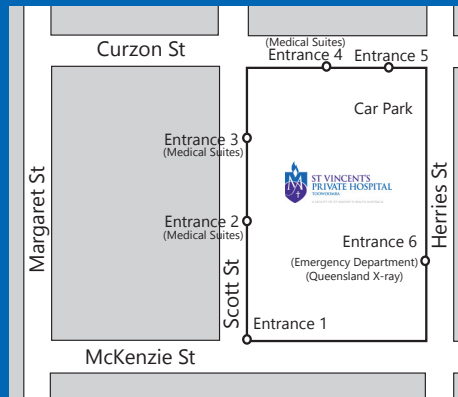
Domestic tasks

- Avoid reaching into low cupboards, ovens, bottom shelves of the pantry or fridge
- Avoid working on low garden beds, be aware of trip hazards outdoors such as hoses and uneven surfaces

Driving

You will need to check with your surgeon in regards to returning to driving. The passenger seat must be as far back as possible with seat reclined. Move your operated leg out in front, and slowly sit trying to lean backwards towards the back rest as you sit.

*Inspired by
You*



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This education tool was developed in partnership with SVPHT Consumers.

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