

Home Activities + Exercises

AFTER KINEMATICALLY ALIGNED TOTAL KNEE REPLACEMENT

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Take a Short Walk Every Hour You are Awake

After your walk bend (A), straighten (B), and elevate (C) your knee as instructed below.

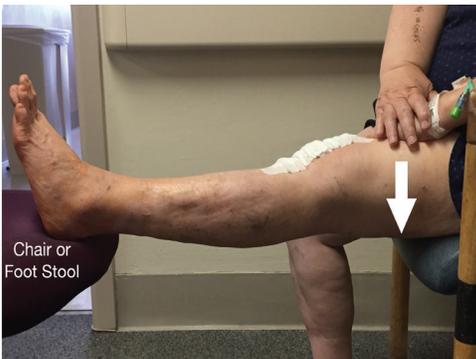
A Exercise for Bending the Knee

1. Sit on the edge of a bed or chair.
2. Place your ankle of your non-surgical leg in front of your ankle of your surgical leg.
3. Bend your non-surgical knee to bend your surgical knee until you feel a stretch and no discomfort.
4. Hold this bend while slowly counting to 10 and then relax.
5. Repeat your bend of the non-surgical knee to bend your surgical knee until you feel a stretch and mild discomfort.
6. Hold this bend while slowly counting to 10 and then relax.
7. Repeat this cycle of two stretches 5 to 10 times every time you walk.



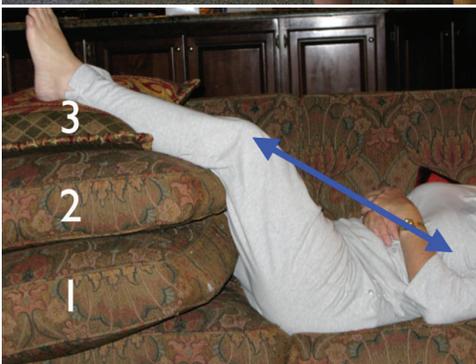
B Exercise for Straightening the Knee

1. Sit on the edge of a bed or chair and place the heel of your surgical leg on a chair.
2. Push on the front of your thigh (arrow) to move the back of your knee closer to the floor.
3. Hold this position while slowly counting to 10 and then relax.
4. Repeat this stretch 5 to 10 times every time you walk.



C Elevate the Surgical Knee and Leg Above the Heart

1. Lie flat on your back with a pillow under your head.
2. Elevate your surgical knee and leg a foot above your heart or three pillows or sofa cushions.
3. Maintain this position to reduce swelling and discomfort.
4. When your knee bends easily past 90 degrees or a right angle you can sit more.
5. Don't sit in a recliner or rest your leg on a foot stool as your surgical knee is below your heart.



Prone Exercise for Straightening your Knee After Removal of Staples

1. Apply a 2 to 5-pound weight around your ankle of your surgical leg.
2. Turn on your stomach and slide toward the edge of the bed.
3. Hang your knee cap and lower leg off the bed.
4. Let gravity straighten your surgical knee and hold for 1-2 minutes.
5. When discomfort is felt flex your knee 10 degrees.
6. Repeat straightening and bending your knee 20 times.
7. Repeat this cycle 3 times per day until your limp disappears.



Helpful Hints for Use at Home

Swelling

- Elevation of your surgical knee above your heart is the best way to decrease swelling (See instructions on the other side).
- Decreased swelling increases knee motion, comfort, and activity.

Managing Discomfort and Constipation

- Take your oral pain medication as prescribed every 4-6 hours and gradually taper off over the first week or two.
- If you can take anti-inflammatory medications, then take Advil or Aleve and decrease your use of oral pain medication. Addiction from a short course of pain medication for a few weeks is rare.
- Continue taking over the counter Colace to soften your stools and reduce the risk of constipation. When needed, add the use of prunes, Metamucil, or milk of magnesia.

Exercise and Activity

- Focus on straightening and bending your knee.
- You may lose some motion after leaving the hospital, which is gradually regained over four weeks. Patients with full motion before surgery typically straighten their knee fully and bend to 105 degrees by 4-5 weeks after the surgery. Patients with limited motion before surgery take a bit longer to gain full motion.
- Do any activities you feel comfortable performing.
- Get rid of your walker when you feel you can walk safely without it.
- When you have a bad day, which all patients do, simply rest, ice, elevate and resume activity the next day.
- Begin strengthening after 4 weeks.

Wound Care, Bruising, Redness and Drainage

- Keep your incision covered with a sterile dressing until your wound is dry for 24 hours. Once your wound is dry, remove the dressing and you can shower. When drainage does not stop within 72 hours of surgery, email a picture of the wound to Dr. Howell at smockkm@ah.org and call his office (916-689-7370 or 209-334-8535).
- Bruising is normal and may extend from your thigh to your toes. Bruising increases after you go home and resolves within a few weeks. Wear pants to cover.
- Redness around your incision and lower leg is common and should not be considered an infection.



Normal Bruising



Normal Swelling

