

# Henry County Health Center

YOUR TOTAL  
KNEE REPLACEMENT

Rehabilitation Services  
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## ABOUT YOUR KNEE

Your knee is a hinge joint which joins the thigh bone, (femur), to the larger bone,(tibia). In a healthy joint, the ends of bone are covered with a smooth tissue and separated by cartilage. This enables the joint to glide smoothly and without pain during movement. The bones are surrounded by muscles which support the joint and allow it to move and bear weight so you can walk without pain.

Congratulations! You have successfully completed the process of a total knee joint replacement. Your new joint is now an integral part of your body. Enjoy the new freedom it will allow you. We sincerely hope that it will enable you to return to a full and active life.

Keep up the good work. And remember, if you have any questions, or if we can assist you in any way in the future, we are as close as your telephone.

Thank you for allowing the Henry County Health Center Rehabilitation Department to participate in your care.

## WHEN GOOD KNEES GO BAD

Unfortunately, knees sometimes degenerate. This may be a result of arthritis, excessive wear, trauma, or a side effect of certain medications. When this happens, the smooth surfaces start to become roughened and wear against each other like sandpaper. As the bones wear more and more, the joint becomes more painful. Eventually, the excessive wearing can begin to distort the joint, causing severe pain and interfering with movement, to the point of disrupting everyday activities. At this point, it may be time to consider a total knee replacement.

## THE TOTAL KNEE PROSTHESIS

In order to create a new, workable knee joint, the surgeon first removes the ends of the worn bones in order to create a level surface on each bone. The prosthetic implants are attached to the ends of the bones using a special bone cement. The implants are made of metal and plastic, and provide a durable, smooth surface, which permits full, pain free weight-bearing, thus allowing a return to normal daily activities.

## HOME SAFETY TIPS

- Remove loose throw rugs.
- Make sure all electrical/extensions cords are out of the way.
- Keep a clear path to walk in your home.
- Always wear non-slip shoes or slippers.
- Avoid ice, wet, or uneven surfaces whenever possible.
- Use a toilet seat riser in the bathroom.
- Keep small pets out of your path.
- Use handrails in the tub or shower.
- Always use handrails when using the stairs.
- Use tub/shower chair when bathing.
- Keep frequently used items within reach whenever possible.
- Check the spring buttons on your walker frequently. If they are worn, replace them.
- Use a fanny pack or walker holdall instead of a purse or shoulder bag.

## PRECAUTIONS

Do not place pillows under the operated knee unless specifically instructed by your doctor or therapist.

Avoid twisting your new knee. Turn your whole body instead.

Continue to use your walker or other device until you feel comfortable or are given permission by your doctor to stop using your device.

When standing up or sitting down, be sure to hold onto the chair or the bed. Never use the walker to stand up or sit down.

When going up stairs, always lead with the unoperated leg, holding onto a handrail or the walker as instructed. When going down stairs, lead with the operated leg.

Avoid unnecessary use of stairs. Do not use stairs as an exercise unless specifically instructed by your doctor or therapist.

Always discuss new activities with your doctor or your therapist.

## WHAT TO EXPECT THE DAY OF SURGERY

During your recovery room stay, a continuous passive motion machine (CPM) will be applied to your operated leg by a physical therapist. This machine will increase your knee's range of motion with slow continuous motion.

## WHAT TO EXPECT THE DAY AFTER SURGERY

You will be evaluated by a physical therapist. When the evaluation is complete, you will be assisted out of bed. You will be assisted with sitting on the edge of the bed, standing, and if tolerated, walking a few steps using the walker. You usually are able to bear as much weight on the operated leg as you can tolerate. After this treatment, you will be assisted back into bed. The CPM will be applied per the doctor's orders. Exercises for your operated knee will start 1-2 days after surgery.

## THE NEXT PHASE BEGINS

Two to three days following surgery, you will begin a graded exercise program designed to help stabilize and strengthen the muscles of the operated leg and increase your active mobility.

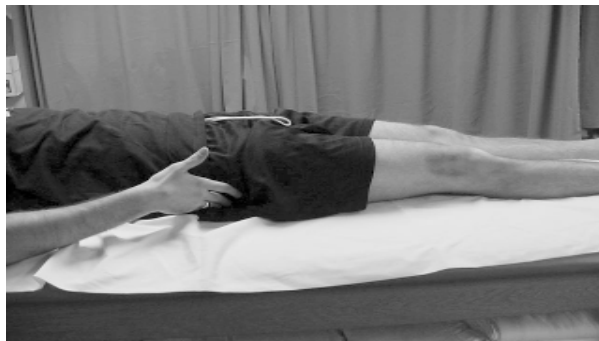
### Exercise 1. Ankle pumps

While lying flat on your back, point your foot up toward your head, then point your foot down away from your head.



### Exercise 2. Gluteal Sets

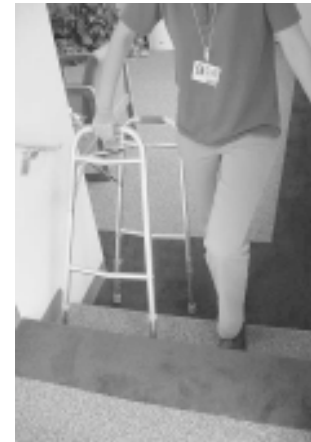
While lying flat on your back, squeeze your buttocks together tightly. Hold 5 seconds. Repeat 10 times.



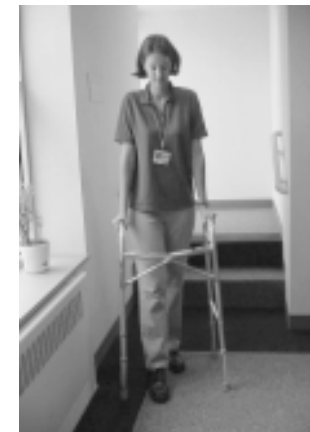
## Ascending-Descending Stairs

Turn walker sideways so that 2 points are securely on the step you are on and 2 points are securely on the step you are going to.

Ascend stairs with unaffected (good) leg leading.



Descend stairs with affected (bad) leg leading.



## GETTING BACK ON YOUR FEET

The next goal is to teach you how to get out of bed, stand, sit, and walk so you'll be able to do these activities safely on your own. Your physical therapist will also give you exercise to improve your strength and increase your endurance. To help you recover quickly, continue following any restrictions you've been given and keep doing your exercises when you return home.

Pivot on your hips, using your elbows to help. Keep your body straight, and your operated leg out to the side. Don't twist your leg.

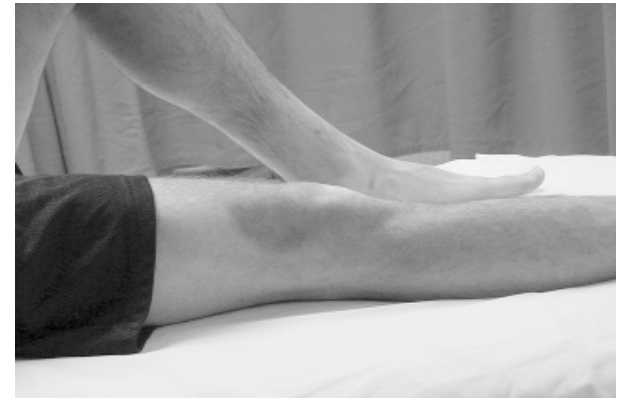


Sit on the edge of the bed with your operated leg straight out in front of you. Don't bend forward as you push down to stand.



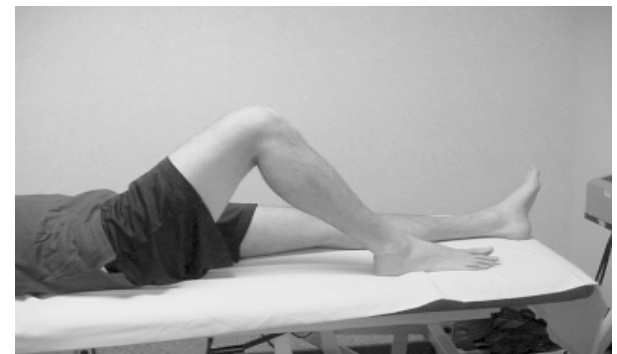
### Exercise 3. Quadriceps Sets

While lying flat on your back, press the back of your knee down against the bed and hold 5 seconds. Repeat 10 times.



### Exercise 4. Heel Slides

While lying flat on your back, slowly slide your heel up toward your buttock, then slowly slide your heel back until your leg is straight. Repeat 10 times.



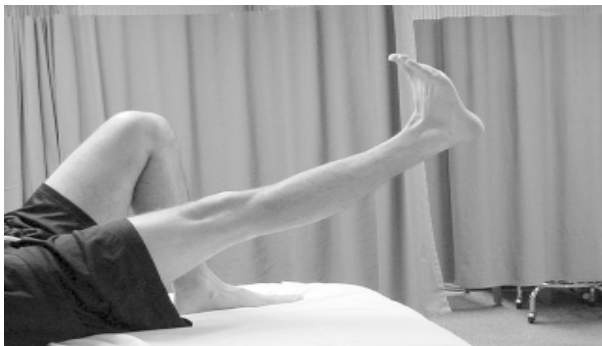
### Exercise 5. Hip Abd/Add

Lie on your back with your knees straight and your toes pointing upward. Now slowly move your leg out to the side as far as possible, then return to the starting position. Repeat 10 times.



### Exercise 6. Straight Leg Lift

While lying flat on your back, bend your unoperated leg up until the heel is flat on the bed. Keeping the operated leg as straight as possible, lift the leg upward 8-10 inches. Slowly lower leg back to the bed. Repeat 10 times.



### Exercise 7. Short Arc Quads

While lying flat on your back, place a 6 to 8 inch cylinder, (such as a large coffee can) under the operated knee. Slowly try to straighten the knee as much as possible. Hold for 5 seconds, then slowly lower leg to the bed. Repeat 10 times.

