
Total Joint Replacement

Gila Regional Medical Center
and
Southwest Bone and Joint Institute

Patient Education

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General Information

Welcome and Purpose

Welcome to your total joint replacement patient education information. This information will help you learn what to expect about total joint replacement.

Two things are likely true if you are reading this information. You have been living with joint pain for some time and your doctor has said a joint replacement is an option for you.

Those having a total joint replacement are people with chronic joint pain that interferes with daily life. A successful joint replacement and rehabilitation program can help your joint pain. It can help you move better at work, play, and rest. Your new joint can give you a quality of life you may not have enjoyed for some time.

Frequently Asked Questions about Total Joint Replacement

A well informed patient is one who will be able to take part in their care and rehabilitation. Knowing what to expect before, during, and after surgery can help you to recover more quickly. It can help you and your caregiver to avoid and identify potential problems. There are common questions patients have about total joint replacement. Answers to some questions are listed below. However, it's best to discuss your specific questions with your doctor. The questions here are a reminder to ask your doctor.

Why do most people have joint replacements?

One reason is to have less pain. It may be to add walking and exercise back to daily life. Many people feel an improved quality of life overall.

What are the major risks related to total joint replacement surgery?

The chances of an infection or blood clot are very low. Injury can be prevented by using all methods

taught to you by your therapists and nurses. Your doctor will discuss the risks with you.

Am I too old for this surgery?

Age is not an issue if you are in good health and want to continue living an active life. You will be asked to see your primary care doctor about your overall health and readiness for surgery.

Will I need a blood transfusion?

You may need blood during or after surgery. Discuss the need for blood with your surgeon.

Will I be put to sleep for surgery?

General anesthesia allows you to sleep. Regional anesthesia provides numbness of a certain body region with other medication given to cause sleepiness. Several factors are included to decide which type of anesthesia is best for you:

- Past experience with surgery
- General health and physical condition
- Reactions or allergies you have had to medications
- Risks of each type of anesthesia
- Input from your surgical team and you

**Discuss this with your anesthesiologist/nurse anesthetist*

How long will my surgery last?

One to three hours in the normal range.

Will I have pain after surgery?

Some pain is normal even with medication. The goal is to get the pain low enough for you to rest and take part in therapy. As you progress medication will be reduced.

When can I get up?

You will get up on the day of surgery. You will need the help of the health care team.

Will I need to use a walker?

Yes, you will use a walker. The walker will be needed for a certain length of time, depending on your specific surgery, and recovery.

When can I shower?

You can shower with assistance when approved by your surgeon. Protection of your incision during showers will be discussed with you.

**Ask your surgeon how long you should wait until you get down into a bathtub.*

How long will I stay in the hospital?

- An average hospital stay should be about 2 days.
- Most patients are able to return to home, if you have an adult stay with you after discharge.
- Home Health services may be needed after discharge to help with lab testing (blood draws) and incision care. Home Health may be required for 3 weeks or longer.
- Outpatient Services for Lab and Physical therapy may be an option soon after discharge.
- Another option may include a transfer to a skilled Nursing or Rehabilitation Facility if you are unable to safely return home.

Will I need physical therapy at home?

Most patients continue therapy at home or at an outpatient setting for a certain length of time. Therapy options should be explored with your insurance company so there are no surprises about coverage.

**Ask your surgeon how long you should have physical therapy after discharge.*

Should I exercise before my total joint replacement?

Yes. Exercise instructions are available for you to follow for 2-3 months before surgery in this booklet. (See pages ___to___)

Will I need special equipment after a total joint replacement?

A walker and elevated commode will be necessary for a discharge to home. Other assistive equipment may be recommended. Equipment will be arranged before or during your hospital stay.

Can I drive after surgery?

No, you cannot drive immediately after surgery. You cannot drive while taking pain medication. Generally, driving resumes four to six weeks after surgery. You can ride in a car after surgery by following the techniques and precautions outlined by your therapist.

**please discuss driving with your surgeon.*

When can I have sex after joint replacement surgery?

Sexual activity is not recommended immediately after surgery. Your surgeon will determine what time frame is safe for you.

**Please discuss resuming sexual activity with your surgeon.*

When can I return to work?

Most often, at least 4-6 weeks are needed off from work. It depends upon the type of work you do.

**Discuss your specific work activities with your surgeon.*

When can I play sports again?

You are encouraged to participate in low-impact activities after your full rehabilitation. These activities include walking, dancing, golfing, hiking, swimming, bowling, and gardening. High-impact activities such as running, tennis, and basketball are not recommended.

**Discuss specific activities with your surgeon.*

How often will I need to see my surgeon?

You will see your surgeon within two weeks of surgery. Additional visits will be scheduled.

**Discuss frequency of follow-up visits with your surgeon.*

Your Health Care Team

Your health care team members have special training and interest in the area of orthopedics. It is important for you to be an active partner with your health care team in order to have the best possible outcomes. This team includes many, but the main members are listed below.

Anesthesiologist/Certified Registered Nurse Anesthetist

A physician or advanced practice nurse responsible for your anesthesia (putting you to sleep or numbing your legs) for your surgery. The anesthesiologist or nurse anesthetist will also be involved in pain management issues before and after surgery.

Case Manager/Discharge Planner

A registered nurse or social worker who works closely with your surgeon and the other team members to help you make decisions about your discharge plan. This may include outpatient therapy, home equipment, and/or any skilled nursing care if needed. The case manager/discharge planner can also answer your questions about insurance coverage for services and equipment.

Occupational Therapist (OT)

A healthcare professional responsible for planning safe ways for you to complete your daily activities, such as dressing. The OT may partner with your physical therapist (PT) to complete your exercise routine. The OT offers ideas to assist you to create a safe home environment. Adaptive equipment is used to simplify self-care tasks while conserving energy.

Orthopedic Surgeon

A physician/surgeon that performs your total joint replacement and directs your care. This doctor guides your rehabilitation and follows you through office visits.

Physical Therapist (PT)

The physical therapist plans your physical rehabilitation after your total joint replacement. This therapist will help you regain range of motion, muscle strength, and balance to walk safely with your new joint. You will learn how to use assistive devices such as a walker which will be needed temporarily after your surgery. Sometimes patients will attend physical therapy before surgery to learn exercises to build strength.

Physician Assistant

A health care professional that works with your physician to prescribe, diagnose, and treat health care problems. Physician assistants often see you before, during, or after total joint replacement surgery.

Registered Nurse (RN)

Professional nurses that are responsible for managing your bedside care following your surgery. Nurses use the surgeon's instructions to guide your care. RNs provide education to you and your family about your health and safety needs.

Certified Nursing Assistant or Technician (CNA)

The Nursing Assistant or Tech will work with the nursing staff to assist in multiple ways to meet your care needs. The CNA may take your vital signs, assist with your personal hygiene, help with your ambulation, assist you at meal time, and in many other ways as needed during your hospital stay.

Before Surgery Checklist

6-8 weeks before surgery

Advanced Health Care Directive (Advance Directive, Living Will)

- If you do not have an Advanced Directive, this is a good time to complete one before your surgery. This form will help explain your health care wishes to the health care team and hospital staff. Hospitals have the forms for you to complete if needed.
- If you already have an Advanced Health Care Directive, please bring a copy along with you to the hospital

Assistance

- Ask your spouse, children, neighbors, or friends if they can help you for a few weeks after returning home from surgery.
- Care partner program.

Dental exam

- See your dentist before surgery. You can make that appointment now in case more than routine dental cleaning is needed. That way you'll have a clean bill of dental health prior to your surgery.

Diet

- Eat as healthy as possible with the appropriate servings of fruits, vegetables, protein, whole grains, and low fat dairy. An adequate iron supply is important before surgery. Good sources of iron include lean red meats, fortified cereals, and leafy green vegetables such as spinach or kale.
- Discuss starting a multivitamin and iron supplement with your primary care doctor. These supplements may need to be stopped 1-2 weeks before surgery, so now is the time to get some benefit from the added nutrients.
- Fluids are important for helping you to have regular bowel movements. Most of that fluid should be from water and juicy fruits and vegetables.

Equipment

- An elevated toilet seat, bedside commode, and toilet safety rails are sometimes needed for safety after total joint replacement. The bedside commode also has arms and can usually fit directly over your home toilet. It may also fit in your shower.
- Before getting prescriptions for these items, ask others if they have one for loan. Others include family, friends, local church, VFW posts, or senior centers.
- There is some equipment that often is *not* covered by insurance. Very handy for use after surgery are the items listed below. Most of the items can be found at a medical supply store. Some can be found at pharmacies, home improvement stores, or thrift stores.
- The following items though not covered by insurance may be recommended for you by your Occupational Therapist (O.T.)

- A sock aid is helpful to put on a pair of socks by yourself.
- A reacher/grabber/dressing stick can help to pull up your pants, reach for dropped items, or obtain items that are higher than arms can reach.
- A long-handled sponge can help clean hard to reach places during bathing.
- We provide a long-handled shoe horn to assist in putting on shoes without having to bend the knee so far.

The above items are provided if recommended by your O.T. by GRMC free of charge.

- Safety bars can be installed by a handyman in the shower area and wherever else needed.
- A tub bench/shower chair allows safe transfer and sitting on it in the shower or tub.

Additionally you may want:

- A hand-held shower is handy for bathing from the tub bench/shower chair.
- Elastic shoe laces are helpful to secure shoes instead of trying to tie laces after surgery.

Exercises

Building strength by doing daily exercises will help you to have a successful outcome after surgery.

- There are some simple exercises you can do in your own home from now through your rehab after surgery. Please see the exercises listed in the exercise section. Feel free to do the leg exercises with both legs. Do arm exercises with both arms to build strength to help you best use a walker. Do not hold your breath while exercising.

Medical Appointment

- You will need to see your primary care doctor prior to surgery. Your surgeon will decide which tests are needed before surgery so you can tell your primary care doctor.

Examples include:

- EKG (electrocardiogram)
- Lab work
- Chest x-ray
- Urinalysis

Smoking

- Smoking is known to cause breathing problems. It can also decrease the rate of healing. Try to decrease smoking or seek methods to stop. Your primary care doctor can offer ideas to do so.

Weight Loss

- Seek the assistance of a dietician or exercise specialist if weight loss is a goal before surgery. Your primary care doctor can make a referral for you.

Work

- Ask your surgeon to sign a work release form if needed. Request a minimum of 4-6 weeks off work with notice that rehabilitation may take longer.

**Discuss the need for a work release with your surgeon*

10-14 Days Before Surgery

Church or Synagogue

- Notify your church or synagogue as desired for requested prayers or visitors while you are in the hospital.

Home Changes

Some changes may be needed for you to return home safely after surgery. It's best to have the bathroom, bedroom, and living areas on the same floor. If this is not the case, you may want to place a bed on that floor for a short while. Or you may choose to stay with a relative or friend for a month or so after surgery.

- Purchase night lights for your bathrooms and hallways
- Move loose fitting, comfortable clothes and pajamas to a place that's easy to access. Keep items in drawers that are waist level only.
- Remove throw rugs. Electric cords should be out of the line of traffic. Both rugs and cords can be safety hazards.

- Move furniture and objects that do not allow a clear walking path.
- Consider temporary placement of a small pet with a loved one. A pet running around your legs could cause you to fall.
- Identify chairs with arms in the living and kitchen areas that have a firm seat. An extra cushion or pillow can be used to build height.
- Move the most often used kitchen items to at least waist level counters or cupboards.
- Make some meals that can be frozen and easily reheated.
- Consider another option for laundry if your washer and dryer are not on the living level.
- Place a rubber mat or non-skid adhesive on the floor of the tub or shower.

Medications

- Medications that are often stopped prior to surgery include:
 - Aspirin
 - Some anti-inflammatory medicines (like Motrin[®], Aleve[®], etc.)
 - Some vitamins
 - Fish oils
 - Herbal supplements (such as ginseng, ginko biloba, garlic pills)
 - Herbal teas
 - Fortified cereals that contain vitamin E
 - Pain medications that contain aspirin
- Some over the counter and prescription pain medications can continue until the time of surgery.
- Please be honest about your drug and alcohol use. It is important know as it can relate to your anesthesia and pain management.

**Discuss which medications should be stopped and when with your surgeon; this includes Plavix[®], Coumadin, and pain Medications.*

Preop Class

- Attend the GRMC preop class to improve your total joint replacement outcome.

**discuss class times/dates with your surgeon's office*

Several Days before Surgery

Bills

- Pay bills so they are up to date through a few weeks after your return home.

Clean

- Clean up the house, including vacuuming the carpets. Do laundry. Refer to “Home Changes” under 10-14 days Before Surgery.

Groceries and Supplies

- Purchase food items and needed supplies that can be used after your return home. It’s handy to have frozen peas or corn on hand as they can be used for ice packs.

Infection

- Notify your surgeon’s office right away if you think you may have an infection of any kind: bladder, skin, tooth, etc.

Transportation

- **Confirm how you will get to and from the hospital. You are not allowed to drive yourself home. You want to avoid riding in a low sitting car or high truck or van as you need to protect your new joint. Be sure that the passenger seat reclines and can fully move backward.**

1 Day/Night Before Surgery

Pack

Items to include are:

- Your most common list of medications and supplements, noting which ones have been stopped and when.
- Loose pajamas or loose fitting clothing.
- Underwear
- Slippers with backs and rubberized sole or walking sneakers/shoes with Velcro[®] closures or elastic shoe laces
- Socks

- Personal toiletries (toothbrush, toothpaste, denture cleanser/cup, deodorant, electric or other razor, shaving cream, comb, no powders)
- Eyeglasses
- Hearing aid and batteries
- Make-up, hand mirror if desired
- CPAP machine settings, tubing, and machine
- Long-distance calling card or cell phone
- Driver’s license or photo ID, insurance card, Medicare/caid card
- Copy of your Advanced Health Care Directive
- Important telephone numbers (include person bringing you home)
- Hard candy or gum
- Books and/or magazines
- Any hand-carry equipment you may have such as reacher, sock aid, long-handled shoe horn, walker (marked with your name). These may be provided to you.
- This education information so you can review items with your health care team

Do Not

- Do NOT eat or drink anything after the time you were instructed. Ice chips, gum, or mints are NOT allowed.
- Do NOT bring valuables – no jewelry, credit cards, checkbooks, or cash.
- Do NOT bring your own medications unless instructed otherwise.

Do Shower

The night before or morning of surgery, wash your hair and rinse it well. Shower using any special soap that is given to you by the hospital or surgeon office.

- Do not shave at or near your affected joint.
- Pat dry with a clean towel.
- Do NOT use lotions or powders.
- Apply newly washed pajama/nightgown or clothes.
- Sleep on freshly laundered linens

Hospital Care

Day of Surgery

Do not wear makeup and jewelry. Remove fingernail and toenail polish. Take the medications as instructed with the smallest amount of water possible. Do not eat or drink anything else. You may brush your teeth. Do not take insulin unless instructed otherwise. It's important to arrive at the hospital on time. You will complete any needed forms. You will be taken to the preop area where nurses will prepare you for surgery. You will put on a hospital gown. You will have an IV started in your vein. You will discuss your anesthesia with an anesthesiologist or nurse anesthetist. You will be taken to the operating room for your surgery. After your surgery is completed, you will be taken to the recovery room for 1-2 hours. Nurses will watch you closely until you are stable and then transport you to the hospital unit. Your surgeon will talk with your family after surgery has ended.

Activity

Your bed will have a trapeze bar above it to help you position yourself. You will be assisted to turn in bed.

You will get out of bed on the day of surgery. A nurse or physical therapist will help you do this. Therapists will teach you movements that you need to avoid, exercises to strengthen your muscles, and how to walk safely. Therapists will also review specific joint precautions with you. You will follow those precautions for several months after going home as advised by your surgeon.

Breathing

There will be an oxygen tube in your nose. You will do deep breathing and coughing exercises for several days after surgery. You will be asked to use a breathing device as well. This is done to expand and get oxygen to your lungs.

Circulation

It is important to perform leg exercises to help your blood circulate. You know many of the exercises

since you did them at home before surgery. Your therapist will teach you new exercises too.

There will be snug stockings and/or sleeves wrapped around your legs or feet. If present, the sleeves fill with air then relax. They can help the blood flow in your legs.

You will be given medication to reduce the chance of a blood clot.

Smoking is not allowed in the hospital. Ask for stopping assistance if needed. For knee replacements the foot of the bed should be flat. There should be no pillow under your affected knee. It is ok to have a pillow under both ankles.

Discomfort

You will have some pain. the goal is to get the pain low enough so that you can rest and take part in physical therapy. You may receive pain medication through your IV. You may have a nerve block. You may have pain pills. Or you may have a combination of any of these. An ice pack may be used on your joint to lessen pain and swelling

Food/Fluids

You will have fluids going through your IV at first. The IV will be stopped when you are eating and drinking well. You will likely start with a liquid diet. Increasing food slowly may help to avoid nausea that sometimes happens after anesthesia or use of pain medication. You may not be very hungry for awhile. It is important that you eat as best you can in order to heal well.

Going to the Bathroom

You will have a tube to drain the urine from your bladder. This tube will be removed the day post surgery. After that your caregiver will help get you out of bed and go to the bathroom.

It may take a day or more to have a bowel movement. Anesthesia and pain medication can cause constipation. Drink plenty of fluids and eat whole grains, fruits and vegetables. A stool

softener or laxative can help normal bowel function to return.

Wound Care

You may have a big dressing over your incision. Your incision will have sutures or staples under the dressing. The dressing will be changed by the surgeon the day after the surgery.

Day after Surgery to Discharge

Your surgeon will visit you. Continue to cough and deep breathe. You will walk to the bathroom with assistance. Solid food will be offered. Drink fluids to keep hydrated. You will switch to pain pills if pain medication had been given through your IV. Wear loose clothes. You will work with therapists to practice exercises, walk, and climb stairs. Repeating exercises throughout the day will help you gain strength. Discuss discharge options and needed equipment with the case manager/discharge planner. You will be discharged to home if you have met therapy goals. You may be transferred to a skilled nursing or rehab facility if you are unable to safely return home.

Caring for Yourself at Home

Anticoagulant Medication

You have likely been given a prescription for an anticoagulant medication. This medication prevents clots from forming. The medication may be in pill or shot form (tiny needle that goes into the abdomen). You may also need lab work done to make sure your medication is working properly. Take this medication for as long as directed by your doctor. Usually, you will be on it anywhere from 3-6 weeks after your total joint replacement. Contact your doctor right away if you notice easy bruising, nosebleeds, or blood in your urine.

Body Changes

You may have less of an appetite for awhile. Be sure to drink plenty of fluids. Your energy level may be less than usual for a few weeks after surgery. Constipation may result from pain

medication. Use a stool softener or laxative if needed. Your new joint may cause your leg to feel longer. The joint likely gained some height that was lost prior to surgery.

Coping with Stress

Undergoing surgery can be a very stressful event for anyone. It can also be stressful to rely on others to help while you are healing. However, having support from friends and family is needed for full rehabilitation. Having realistic goals and keeping a positive outlook can help. Make note of small achievements. Some people find that deep breathing and relaxation techniques help. GRMC has resources available (social workers, counselors, spiritual care, etc.) if you need additional support. Remember to ask for help when you need it.

Discomfort

It is important to take pain medication with food and as prescribed by your surgeon. It may be helpful to take your pain medication about 30 minutes before your planned therapy/exercise session. Don't wait until discomfort gets the best of you to take medication. Do not drink alcohol or drive while taking pain medication. As you have less discomfort, start to decrease how many pain pills you are taking and how often you are taking them. Eventually, you will no longer need pain medication. Applying an ice pack to your joint for 20 minutes several times per day can help the discomfort too. Using a frozen pea or corn bag can form easily to your joint. Change your position at least every 45 minutes during the day to avoid stiffness. For knee replacements do not elevate your leg by placing a pillow only under your knee. A pillow should be placed under the entire leg for elevation. Numbness around the incision may be temporary or permanent. Contact your surgeon if your discomfort does not respond to the above.

Equipment

Initially you will use a rolling walker to help you walk. An elevated toilet seat, bedside commode, or toilet safety rails can be very handy for the

bathroom. A bedside commode can often fit over the toilet and also be used to sit on in the shower. You cannot get down into the bathtub until mobile enough to do so. Other adaptive equipment such as a reacher, sock-aid, long-handled shoe horn, long-handled sponge, handheld shower, grab bars, and elastic shoe laces may prove useful to you as well. Please refer to the “6-8 weeks before surgery” section for further information.

Incision Care/Dressing Changes

You and your caregiver should wash your hands before and after changing your dressing. Your dressing should be changed as recommended by your physician. Condition of the incision should also be noted when the dressing is changed. There will be some swelling initially, especially after exercise. There should be no redness, heat, odor, increased drainage, or opening of the incision. Call your surgeon’s office if you notice those changes. Usually, staples are removed 10-14 days after surgery by a health care professional. If you do not know, call to find out whether or not to get your incision wet while showering.

Intimacy

Generally, most people wait to resume sexual activity for a few weeks after surgery. Your incision, muscles, and ligaments need time to heal. You can resume sexual activity when you feel ready. The bottom or missionary position is usually the most safe and comfortable. A pillow placed between the knees is needed for the side lying position. Discuss return to sexual activity with your surgeon.

Preventing/Recognizing potential complications

Blood Clots

You will be asked to wear snug stockings at home. Elevate your affected leg above heart level for short periods throughout the day. Take your anticoagulant medication as directed. Perform your

exercises and walk. These are all ways to prevent blood clots. Contact your surgeon right away if any of the following occur:

- Pain or excessive tenderness in your leg or calf
- Redness of your calf
- Swelling in your foot, ankle, calf, or thigh

A blood clot in the leg can move to the lung. This can lead to shortness of breath, chest pain, coughing up blood, or unexplained anxiety, especially with breathing. Call 911 for this medical emergency.

Infection

Hand washing (or an alcohol-based hand cleanser) is the most important step for preventing infection. You and your caregiver need to wash your hands prior to changing the dressing over your incision. Keep your incision dry, unless your surgeon has approved getting it wet. Eating a healthy diet and drinking plenty of fluids can help prevent infection too.

Your surgeon may recommend that you take antibiotics to prevent infection before you undergo future dental procedures or other invasive medical procedures. Be sure to discuss this during your first post-op visit unless already done.

Contact your surgeon right away if you note any of the following:

- Increased redness, heat, or swelling around incision
- More or foul smelling drainage from incision
- Increased pain in the joint
- Persistent fever greater than 101° F or chills

Contact your primary care doctor if you think you may have an infection elsewhere. This includes bladder, sinus, tooth, etc.

Weight Loss

An ideal body weight puts the least amount of stress on your new joint. Following an exercise and walking program will promote wanted weight loss. A dietician can make suggestions for a healthy weight loss meal plan. Talk to your surgeon about visiting a dietician if desired.

Post-op Exercises, goals, and Activity Guidelines

Exercise is very important before and after a total joint replacement. Exercise will help you strengthen your knee and other muscles. The more you are active and exercise, the more mobile you will become.

Activity goals for week 1-2:

- Walk at least 300-500 feet with your walker as instructed
- Go up and go down 12-14 steps with a rail, one foot at a time, once per day
- **For Total Knee Replacements.** Straighten your knee completely by lying flat for 30 minutes several times a day; place a towel roll under your ankle
- Dress by yourself
- Gradually resume light home duties with help as needed

Activity goals for week 3-4

- Complete any remaining goals from week 1-2
- Wean from a walker as instructed
- Walk at least the distance of approximately 1/2 a mile
- If you have stairs go up and go down 12-14 steps with a rail, one foot at a time, more than once per day
- **For Total Knee Replacements:** Straighten your knee completely by placing only the foot on a stool for 30 minutes several times per day
- Resume all light home duties with help as needed
- Return to light work duties if approved by your surgeon

Activity goals for week 5-6:

- Complete any remaining goals from weeks 1-4
- Walk with a cane to complete the distance of 1/2 to 1 mile
- Go up and down stairs with a rail from one foot at a time to regular way
- **For Total Knee Replacement:** Straighten your knee completely at by placing only the foot on a stool for 30 minutes several times per day

- Drive a car at 6 weeks if approved by your surgeon
- Resume all light home duties by yourself

Activity goals for week 7-12:

- Complete any remaining goals from weeks 1-6
- Walk without a cane without a limp the distance of 1-2 miles
- Go up and down stairs with a rail
- **For Total Knee Replacement:** Straighten your knee completely by placing only the foot on a stool for 30 minutes several times per day
- Resume all home duties and low impact activities

Review all exercises with your physical therapist. Perform your exercises 10-15 times, 2-3 times daily, unless instructed otherwise. Feel free to do the leg exercises with both legs. Be sure to follow your joint precautions (see “Activities of Daily Living” section). Do not hold your breath while exercising.

Leg Exercises

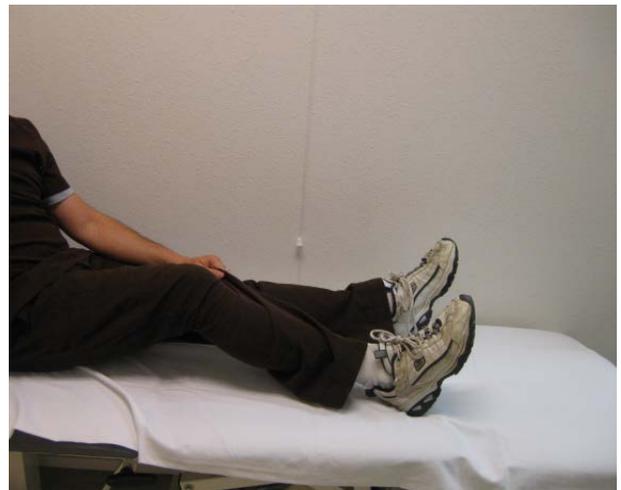
Quad Sets

While lying on your back in bed, press your knee into the mattress and tighten your muscle on the top of your thigh. Hold for a count of 5-10 seconds. Do not hold your breath. Repeat 10 times with both legs, 2-3 times per day.



Ham Sets

While lying on your back in bed, keep your affected leg bent and the other leg straight. Tighten the muscle on the back of your affected leg. Push the heel down into the bed with the affected leg. Hold for 5 seconds. Repeat 10 times with both legs, 2-3 times per day.



Heel Slides

While lying on your back in bed, bend your knee and slide your heel to your buttock. Slide it back out straight. Use a plastic bag under your foot if it easier that way. Repeat 10 times with the affected leg, 2-3 times per day.



Lying Knee Extension

Lie on your back in bed. Place a towel roll under the lower part of your thigh. Lift your foot and straighten your knee. Do not raise your thigh off the roll. Repeat 10 times with the affected leg, 2-3 times per day.

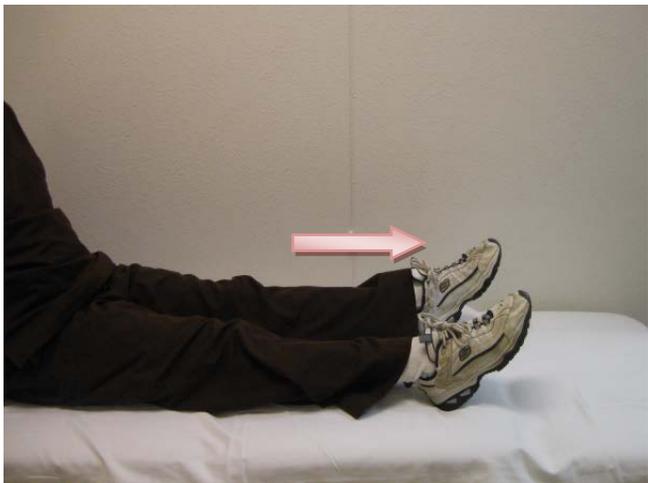


Gluteal Sets

While lying on your back in bed, squeeze your buttock muscles together and hold for a count of 5-10 seconds. Repeat 10 times, 2-3 times per day.

Ankle Pumps

While sitting in a chair or lying on your back in bed, straighten your knee and slowly push your foot forward and backward. Repeat 20 times with both ankles, 2-3 times per day.



Straight Leg Raise

While lying on your back in bed, tighten your thigh muscles and lift the affected leg up several inches off the bed. Keep your knee straight and toes pointed up. Hold the leg up for 5-10 seconds and then lower it back onto the bed. Repeat 10 times with each leg, 2-3 times per day. Do not continue if this hurts your low back.



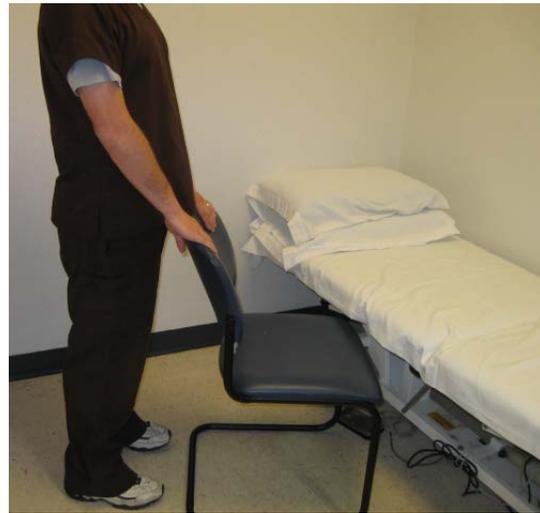
Sitting Knee Extension

While sitting in a chair with your back against the chair back, straighten your knee and hold for a count of 5-10 seconds. Lower your leg back down to the floor. Repeat 10 times with the affected leg, 2-3 times per day.



Heel Raise

While standing up, hold on to the back of a chair. Raise up on your toes. Repeat 10 times, every hour while awake.



Standing Knee Flexion

While standing up, hold on to the back of a chair. Bend your knee back behind you. Slowly lower back to the ground. Repeat 10 times with the affected leg, 2-3 times per day.



Standing Hip Extension

While standing up, hold on to the back of a chair. Bring your leg backward as far as you can. Keep your knee straight. Repeat 10 times with the affected leg, 2-3 times per day.



Standing Knee Raises

While standing up, hold on to the back of a chair. Raise one knee at a time as if marching in place. Lift your knee to at least waist level. Hold your knee up for 2-3 seconds. Repeat 10 times with the affected leg, 2-3 times per day.



Toe Raise

While standing up, hold on to the back of a chair. Lean body weight onto your heels. Toes should be off the ground. Slowly lower toes back to the ground. Repeat 10 times, 2-3 times per day.



Standing Hip Abduction, Adduction

While standing up, hold onto the back of a chair. Move your affected leg out to the side. Keep hip, knee, and foot pointed straight forward. Keep your knee straight. Slowly lower it back down to the ground. Repeat 10 times with the affected leg, 2-3 times per day.



Mini Squats

While standing up, place your back against a wall. Slide down the wall until your knees are bent at 30-45 degrees. Slowly raise up to the straight position. Repeat 10 times, 2-3 times per day.

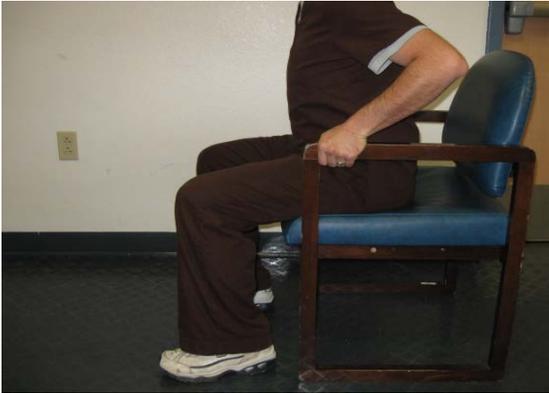


Arm Exercises

Building arm strength is needed to help you to best use a walker, crutches, or cane.

Arm Chair Push-Ups

Sit in a chair with feet flat on the floor. Place hands on the armrests. Straighten your arms while raising your buttocks off the chair. Repeat 10 times, 2-3 times per day.



Activities of Daily Living

Precautions

Certain body positions and activities can cause joint dislocation. Prevention of dislocation includes the following:

- Do NOT stand, bend knees, and twist at the same time.
- Do NOT put more weight on your affected leg than instructed.

* Follow the above precautions for about 12 weeks.

Safety and Avoiding falls

There are many things you can do to keep your joints safe. Please follow these suggestions to avoid injury and falls:

- Keep throw rugs put away
- Be aware of floor hazards such as small objects, pets, and uneven surfaces
- Provide good lighting: use nightlights and a flashlight as needed in the halls, bathroom, and bedroom
- Keep cords out of the walking path
- Wear slippers or shoes with backs; soles should be rubber for good traction
- Use chairs with arms to help you get up and down
- Get up slowly from a chair or the bed in case you are dizzy
- Do not lift heavy objects for at least 3 months; discuss with your surgeon first
- Stop to think before taking on a new task
- Change positions frequently to avoid stiffness
- Get out of the car ever 1-2 hours during travel for a short walk to lessen stiffness
- Keep your appointments with your surgeon as instructed

Bed Mobility

- Use a pillow between your knees when on your side
- Bend you unaffected leg to help push yourself to a new position

Ambulation

A walker, or cane should be fitted to your height by a physical therapist or health care professional.

Walker

1. Stand up straight with the walker a few inches in front of you.
2. Place each hand on the hand grips of the walker.
3. Take a step into the walker with your affected leg.
4. Lean on the walker to give balance and support.
5. Take a step with your unaffected leg.

6. Move the walker forward one step.
7. Repeat the above until you've reached your target.

Cane

1. Stand up straight with the cane held by your hand on the unaffected side.
2. Move the cane forward one step.
3. Move your affected leg forward one step.
4. Move your unaffected leg forward.
5. Repeat the above until you've reached your target.

Transfers

Bed

Getting into bed:

1. Back up to the bed until you feel it behind your legs. Place yourself halfway between the foot and head of the bed. Slide your affected leg out in front of you before sitting down.
2. Reach back with both hands and sit down on the edge of the bed. Scoot back toward the center of the mattress. Slick sheets, slick pajamas, or sitting on a plastic bag may make scooting easier.
3. Move the walker out of your way. Keep it close by.
4. Scoot your hips around to face the foot of the bed.
5. Lift the close leg into the bed while scooting around.
6. Lift the other leg into bed.
7. Scoot your hips towards the center of the bed.

Getting out of bed:

1. Move your hips to the edge of the bed while leaning on your elbows.
2. Sit up while lowering your unaffected leg to the floor.
3. Scoot to the edge of the bed while using your hands behind you.
4. Use both hands to push off from the bed.
5. Slide the unaffected leg out in front of you before standing up.
6. Get balanced before reaching for the walker.

Chairs and Toilets

Sit in chairs with firm seats for ease of movement. An extra cushion or pillow may be needed on the seat of a low chair if there is no other choice for sitting. It's safer to keep both feet on the floor or on a stool.

A raised toilet seat, a three-in-one bedside commode, or toilet safety rails may be needed over your toilet for about 12 weeks after surgery. Such equipment is no longer needed once you can get up and down from the toilet safely on your own.

Sitting on a chair or toilet:

1. Take small steps and turn until your legs are against the toilet/chair.
2. Slide the affected leg out in front of you before sitting down.
3. When using armrests, reach back for both armrests and lower yourself onto the toilet. If there are no armrests, keep one hand on the walker while reaching back for the toilet seat with the other hand.

Getting up from a chair or toilet:

1. Slide the affected leg out in front of you before standing up.
2. When using armrests, push yourself up from the armrests. If there are no armrests, keep one hand on the middle of the walker/crutch/cane and push off from the toilet seat with the other hand.
3. Gain your balance and place your hands on the walker.

Tub/Shower

You cannot get down into the tub until you are mobile enough to do so safely. You can sit on a bench/chair or stand in a tub or shower. Be sure the tub bench/chair is high enough for your height. Assure all needed items are within reach prior to your shower. Use a rubber mat or non-skid adhesive on the floor of the tub or shower. Do not shower until your staples are removed unless approved by your surgeon. The instructions can also be followed for a shower stall.

Getting into the tub using a tub bench:

1. Place the tub bench in the tub. It should face the faucets.
2. Back up until you can feel the tub bench on the back of your legs. Be sure you are centered against the tub bench.
3. Slide your affected leg out in front of you before sitting down.
4. Keep one hand on the middle of the walker while reaching back for the tub bench with the other hand.
5. Slowly lower yourself onto the tub bench without leaning forward.
6. Move the walker out of your way. Keep it close by.
7. Lift your legs, one at a time, over the edge of the tub as you scoot yourself around.
8. Scoot yourself to the center of the bench.

Getting out of the tub using a tub bench:

1. Scoot yourself around as you lift your legs, one at a time, over the edge of the tub.
2. Scoot yourself to the edge of the tub bench.
3. Place one hand on the middle of the walker. Push up with the other hand on the back of the tub bench.
4. Gain you balance and place your hands on the walker.

Vehicle

Getting into the vehicle:

1. Push the seat all the way back. Recline the back of the seat at least half way.
2. Place a plastic trash bag on the seat to help you turn frontward more easily.
3. Back up to the vehicle until you feel it touch the back of your legs.
4. Slide your affected leg out in front of you.
5. Reach back for the back of the seat with one hand and the dashboard with the other hand. Lower yourself down onto the seat. Be sure to

lower your head to avoid hitting it on the doorframe.

6. Turn frontward, leaning back as you lift one leg at a time onto the floorboard of the vehicle.
7. Center yourself on the seat.
8. Bring the seat back to a comfortable position. Put on your seatbelt.

Getting out of the vehicle:

1. Push the seat all the way back. Recline the back of the seat at least halfway.
2. Scoot yourself sideways and backward as you lift one leg at a time out of the vehicle and onto the ground. Lean back as you do so.
3. Slide your affected leg out in front of you. Push yourself up with one hand on the dashboard and the other on the back of the seat. Be sure to lower your head to avoid hitting it on the doorframe.
4. Gain your balance and place your hands on the walker.

Stairs

General rule of thumb: Go up with your unaffected leg and down with your affected leg.

Going up Stairs

NOTE: your therapist should give you detailed instructions on how to go up and down stairs with your walker. Below are general reminders related to stairs.

1. Face the stairs. Hold the handrail with one hand.
2. Hold the walker with the other hand on the step above you.
3. Step up with the unaffected leg.
4. Step up with the affected leg.
5. Move the walker up one step.
6. Repeat the above until you've reached your target.

Going down stairs

1. Face the stairs. Hold the handrail with one hand.
2. Hold the walker with the other hand on one step below you.
3. Step down with you affected leg.
4. Step down with your unaffected leg.
5. Move the walker down one step.
6. Repeat the above until you've reached your target.

6. While holding the cord with both hands, drop the sock aid in front of your foot.
7. Slide your foot into the sock aid.
8. Point your toes and straighten your knee. Pull the sock on and keep pulling until the sock aid pulls out of the sock.

Dressing

Putting on pants and underwear by yourself:

1. Be sure all needed items are within easy reach.
2. Slide your affected leg out in front of you.
3. Sit down on a supportive surface to maintain your balance.
4. Use a reacher or dressing stick to grasp the clothing. Place your affected leg in first, followed by your unaffected leg. The reacher or dressing stick can be used to guide the waistband over your feet and knees.
5. Pull your pants up to your thighs.
6. Stand with the walker in front of you. Pull your pants up the rest of the way.

Taking off pants, underwear, or socks by yourself:

1. Be sure all needed items are within easy reach.
2. Back up to a chair or bed.
3. Unfasten your pants and allow them to fall to the floor. Push your underwear off your hips.
4. Slide your affected leg out in front of you. Lower yourself down to a chair or bed.
5. Use a reacher or dressing stick to grasp the clothing.
6. Remove your unaffected leg first, followed by your affected.

Putting on socks by yourself:

1. Be sure all needed items are within easy reach.
2. Slide your affected leg out in front of you.
3. Sit down on a supportive surface to maintain your balance.
4. Slide the sock fully onto the sock aid.
5. Bend your knee slightly.

Putting on shoes by yourself:

NOTE: shoes should have rubber soles. Do NOT wear high heels or shoes without backs. Wear one of the following: sturdy slip-on shoes, Velcro[®] closure shoes, or shoes with elastic shoe laces. It may be too difficult to tie your own shoes at first.

1. Be sure all needed items are within easy reach.
2. Slide your affected leg out in front of you.
3. Sit down on a supportive surface to maintain your balance.
4. Use a long-handled shoe horn, dressing stick, or reacher to slide your shoe in front of your foot.
5. Place the shoehorn inside the shoe.
6. Lean back as you lift your leg to place your toes inside the shoe.
7. Step down into your shoe, sliding your heel downward against the shoehorn.
8. Fasten your shoe by using the reacher to close the Velcro[®] straps or pull elastic shoe laces tight.

Taking shoes off by yourself:

1. Be sure all needed items are within easy reach.
2. Slide your affected leg out in front of you.
3. Sit down on a supportive surface to maintain your balance.
4. Use a reacher to unfasten your Velcro[®] straps or elastic shoe laces.
5. Use a long-handled shoehorn, dressing stick, or reacher to slide your shoe off of your foot.

Energy Conservation/Joint Protection

Choose low impact activities such as:

- Regular walks in or outdoors
- Walking on treadmill
- Recommended exercise at a fitness center
- Swimming

- Bicycling
- Golfing
- Aquatics or Tai Chi program
- Active and alive
- Fit over 50 program
- Upper extremity strengthening exercises

Avoid high-impact activities such as:

- Downhill or water skiing
- Jogging or running
- High impact aerobics
- Jumping activities
- Tennis or racquetball
- Football
- Baseball
- Lifting > 25 lbs. and over
- Horseback riding

***Discuss specific activities with your surgeon.**

Household tips:

- Maintain clear walkways
- Do not get down on your knees to scrub floors. Use a mop or long-handled brush.
- Keep often used cooking or working supplies where they can be easily reached.
- Plan ahead by gathering all cooking or working supplies at one time to work on a project.
- Use a high stool or use cushions to provide a better working height.
- Plan rest periods in-between periods of activity.
- Pace yourself; attempting to do too much at one time can leave you exhausted for the rest of the day.
- Note your highest energy time of day to tackle a heavier activity.
- Break down a heavy activity into smaller, more manageable ones.
- Push or pull items instead of carrying them.
- Ask for help when you need it.
- Learn to work smarter not harder.

NOTE: Many other tips for joint protection, work simplification, energy conservation, and equipment are available from our therapy team.