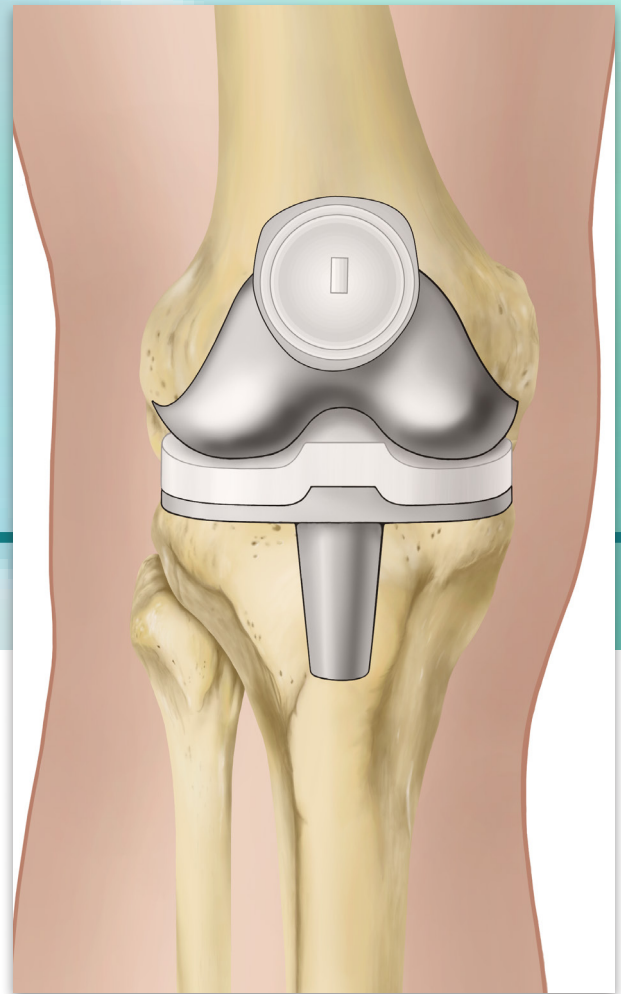


Total Joint Replacement

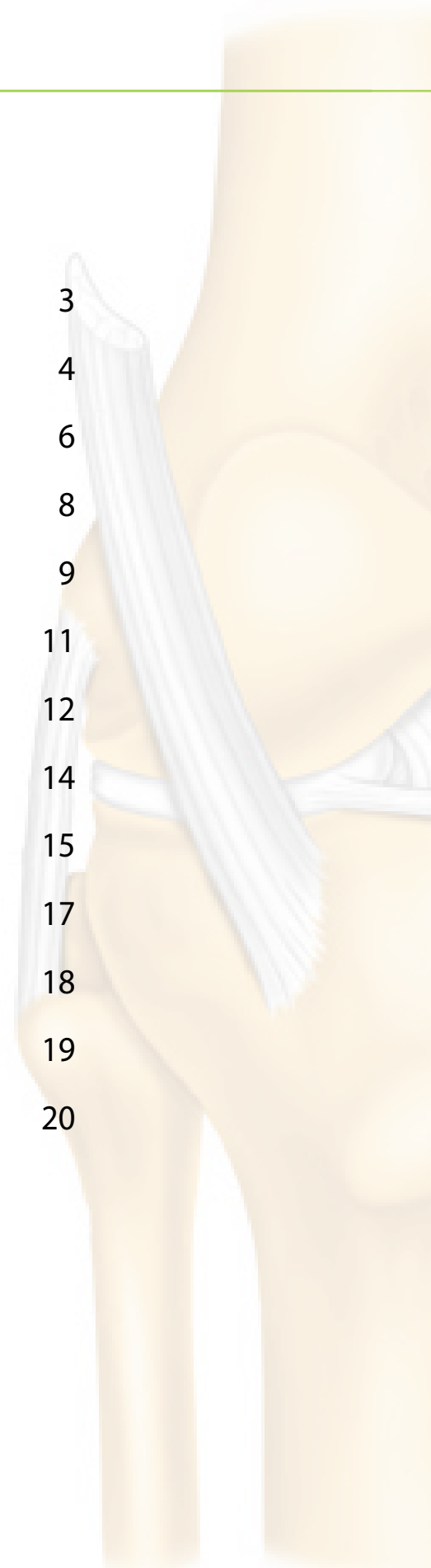
Your Guide to **Knee Replacement Surgery**



Total Joint Replacement

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Your Total Knee Replacement

The health care professionals involved in your care may include doctors, physician assistants, nurse practitioners, nurses, occupational therapists and occupational therapy assistants, physical therapists and physical therapist assistants, dietitians, case managers, and social workers.

If you receive this book before your admission to the hospital, please bring it with you when you are admitted for your surgery. This is so we can review it with you and answer any questions you may have.

If you have any questions regarding your care, treatments or the teaching we provide, please let us know. We hope you have a good hospital stay with us.

We **Are Upstate**

Drive Innovation & Discovery

Respect People

Serve Our Community

Value Integrity

Embrace Diversity & Inclusion

Total Joint Replacement

Preparing for Your Surgery

Illness, injury, or surgery can cause changes in your life. Even if your hospital stay is short, things that can be affected during your recovery can include your ability to:

- Bathe or dress
- Cook
- Wash clothes
- Stand or bend
- Do hobbies
- Care for pets
- Grocery shop/do errands
- Clean
- Climb up and down stairs
- Drive your car
- Play sports
- Care for children and/or an older parent or spouse

Careful planning will help you prepare for these changes and will help make your recovery smoother. The more you prepare **before** you enter the hospital, the easier it will be after your surgery.

Consider these questions:

Will you need help with any of the following? If so, who is available to help you?

- Getting around your home
- Bathing/dressing
- Preparing meals
- Grocery shopping
- Housework and laundry
- Yardwork or snow removal
- Caring for pets
- Medications
- Finances
- Emotional support
- Transportation

Asking for Help

We encourage you to talk with family members and friends ahead of time, and let them know that you will need some assistance after surgery. We recommend that you designate a “coach”, or primary person to assist you through this process. This “coach” should attend the pre-operative class with you, and plan to attend at least one of your therapy sessions while in the hospital.

Please plan ahead to have someone available to drive you home from the hospital. You should also plan to have a friend or family member available to stay with you for the first week after surgery.

Your Guide to Knee Replacement Surgery

Get Your Home Ready

One of our goals is to lower the chances of accidents in your home. Here are some simple changes you can make to decrease the chance of falls or injuries. Making these changes **before** your surgery will help make your recovery smoother.

Keep your walkway paths clear

- Arrange furniture so you can walk around easily.
- Watch for small pets and objects on the floor.
- Wrap up/tape down long electric and telephone cords.
- Remove throw rugs and check for uneven or loose flooring.
- Arrange to have outside paths and walkways cleared of snow and ice.

Place items that you use often within easy reach

- Keep a cordless or cell phone in your pocket.
- Store food and supplies that you use often in cupboards or on counters that are at waist to shoulder level.
- Place clothing that you use often in drawers and closets at waist to shoulder level.

Keep your floor and counter surfaces dry

- Get non-slip mats for the bottom of your bathtub and outside of the tub/shower to prevent slipping.
- Make sure spills get cleaned up quickly.

Climbing stairs

- Move important items onto one floor.
- Consider keeping items you will need on the first floor if possible.
- Add sturdy railings to stairs.

Furniture in your home

- Place a supportive chair in your kitchen, bedroom, bathroom and on stair landing to complete tasks while sitting.
- Make sure you have a solid chair with arms and a firm cushion or seat to use after surgery. It may be difficult for you to rise from a very low or soft chair.

Total Joint Replacement

Exercise Before Surgery

Recovering from surgery can be physically demanding, and it will be easier if your body is in the best possible health before surgery. It is a good idea to exercise before surgery, if you are physically able to do so. The exercises below will help you prepare for a successful surgery. We also recommend that you walk or ride an exercise bike daily as tolerated to improve your endurance. If you do not feel you can do these exercises safely, a physical therapist can design a more individualized exercise program for you.

Chair Pushups



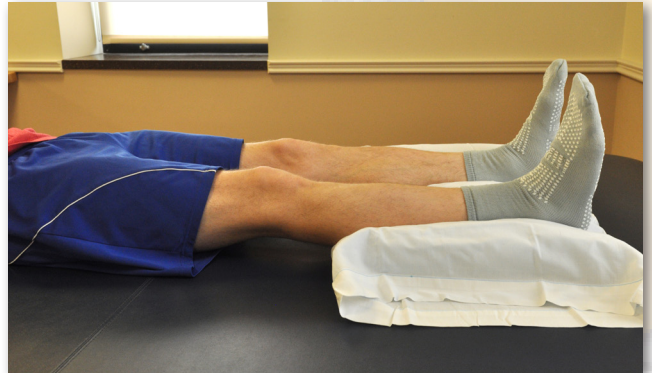
Sit in a chair with solid arms. Push down with both arms to lift your body weight out of the chair. Hold 2-3 seconds, then lower down slowly.

Heel Rises



Stand near a counter or wall for balance. Keep your knees straight and push up onto your toes using your calf muscles. Do not lean forward.

Quad Set with Heel Prop



Prop your heel on a firm pillow or towel roll. Tighten the muscle on the front of your thigh to straighten your knee all the way. Hold 3-5 seconds.

Seated Knee Flexion



Sit in a chair. Bend your knee as far back as you can by sliding your foot on the floor. If you have trouble bending it, you can use your other foot to help, or keep your foot planted while you scoot forward in the chair to stretch further.

It will also be helpful to practice the exercises you will need to do after surgery ahead of time. These exercises can be found on page 15. Practicing them now will make it much easier to do them correctly after your surgery.

Your Guide to Knee Replacement Surgery

Preparing for Your Discharge from the Hospital

Even before you have surgery, we will work with you to create a safe plan for discharge from the hospital. An orthopedic nurse navigator, who has extensive experience working with patients preparing for joint replacement, will work with you from your initial physician visit through your surgery, recovery, and rehabilitation.

Prehab

We recommend you attend at least one physical therapy visit before your surgery, at the clinic you plan to use after surgery. This is known as “prehab”. The therapist will meet with you one-on-one and help you prepare for a smooth recovery. They can teach you how to use your walker and/or cane, and teach you the exercises you will need to do after surgery. These things are much easier to learn when you are not recovering from surgery, and will help your return home go much more smoothly. The therapist will also answer any questions you have, and help you prepare for surgery. Most clinics require a referral from your surgeon. Please make sure that you understand your insurance coverage for physical therapy prior to scheduling.

What is a Swift Knee?

Some patients are able to go home on the same day as surgery. This is called our “Swift Knee” program. This may be a good option for those who are relatively healthy and strong before surgery, and who have a good support system and accessible home. Your surgeon will discuss with you if they think you might be a good candidate. If you have not been specifically told that you will have a “Swift Knee”, then you will follow our standard protocol, which typically involves a one night hospital stay. Patients can expect the same outcomes and same high level of care regardless of the length of their hospital stay.

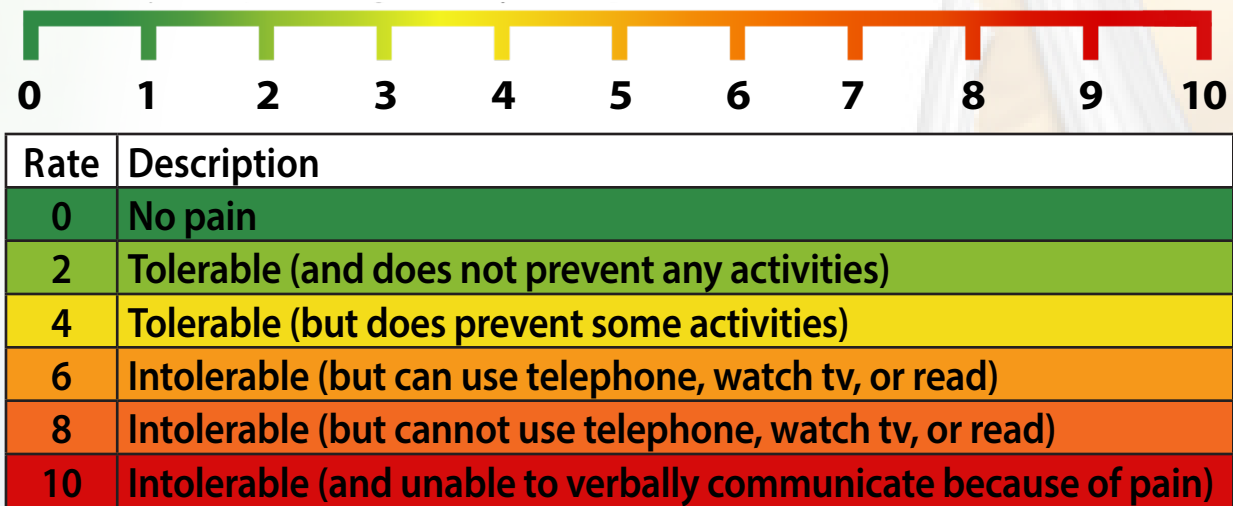
Total Joint Replacement

Managing Your Pain

Pain management is an important part of your care. Unfortunately, pain is a common experience after surgery. Good pain control helps your body rest and heal, and helps you feel better faster. Each person experiences pain differently and has different results from medications and other pain control methods.

We will ask you different questions about your pain and how you have handled pain in the past. We will ask you to describe what type of pain you have and where it is located. You will be asked often to rate your pain on a scale of 0-10, “0” being no pain and “10” being severe pain.

Self-Report Pain Scale



Cold packs are helpful to reduce pain and swelling, and you will be given reusable ice packs. The nurses and therapists will teach you how to safely use ice.

In addition to medications and ice, there are other pain reduction methods that may help you. The following can help relieve your anxiety, decrease muscle tension, increase your circulation, and keep your mind off your discomfort.

- Relaxation techniques
- Breathing exercises
- Music
- Humor
- Changing positions
- Focusing on pleasant images

It is important for your recovery that your pain be controlled and manageable. You are the best judge of your pain and things that help you, so please let us know what we can do to help you.

Your Guide to **Knee Replacement Surgery**

Immediately After Your Surgery

Some patients are scheduled to stay overnight in the hospital, while other patients are scheduled to have a “Swift Knee” and go home the same day as surgery. This decision is based on your individual needs and will be discussed with you prior to surgery.

Because every patient is unique, you may not experience everything listed here.

If you are having a Swift Knee, the physical therapist (PT) will see you in the surgery center 1-2 times on the day of surgery. If you are staying overnight, the PT will evaluate you in your hospital room within a few hours after surgery, unless it is very late in the day. In this case, your nurses will help you get out of bed and start walking.

The PT will review your restrictions or precautions with you, and teach you some exercises to start to strengthen your muscles and prevent blood clots. The therapist will assist you out of bed and help you walk as much as possible. They will finalize any equipment recommendations and answer any questions you may have.

Aim to do ten repetitions of these exercises every hour while awake:

Ankle pumps: pull your toes back, then point all the way down

Quad sets: tighten your thigh muscle and push your knee down

Gluteal sets: squeeze your buttock muscles, as if you are trying not to pass gas

Getting out of bed early is very important to decrease your risk for complications and help you go home as soon as possible. You may feel drowsy, lightheaded or sick to your stomach. These feelings are common and your nurse and therapist will help you work through this to successfully start your recovery.

Total Joint Replacement

The Days After Surgery (if still in the hospital)

- Your physician assistant or nurse practitioner will visit daily to monitor your progress.
- You will have physical therapy every day that you are in the hospital. You will practice walking and getting in and out of bed, and do exercises to strengthen your leg. You will also work on bending and straightening your knee as much as possible. You may also practice climbing stairs, if you will need to climb stairs in your home. You will continue with physical therapy twice a day until you are ready to leave the hospital.
- If you are having difficulty dressing or bathing yourself and don't have any help at home, the occupational therapist (OT) may meet with you today. The therapist can show you how to use special equipment to make these things easier.
- With assistance, you will get out of bed to sit in a chair frequently. Continue to keep your leg elevated while in bed and sitting in the chair. It is important that your knee is fully extended while you are resting. You will also be able to walk to the bathroom and in the hallway with your nurse, once it is safe for you to do so.
- Continue to do ankle pumps, quad sets (thigh squeezes), and gluteal sets (buttock squeezes), ten times every hour while awake. (See page 15)
- It is helpful to take pain medication about 30 minutes before you go to physical therapy. You should also be applying ice packs to your knee regularly with assistance from your nurse. Make sure to check your skin regularly once the ace bandage is removed.



Your Guide to Knee Replacement Surgery

Discharge from the Hospital

The case manager will meet with you if you are staying overnight, to help monitor your progress and review your discharge plan. S/he will order any necessary equipment (like a walker) and help arrange any home care or inpatient rehabilitation that you may need. Many patients will be ready to go home from the hospital on the first day after surgery. You may be able to go home if you are able to walk and get in and out of bed safely. Your medical team will also determine if you are medically stable for discharge.

The length of your hospital stay will depend on several factors: your progress with therapy, pain control, and stability of any other medical problems. Once you are safely getting out of bed and walking, your pain is under tolerable control by using ice and pain medications, and you are medically stable, you will be discharged. Your entire health care team, including your surgeon and his team, case manager, and therapists, will monitor your progress frequently to help determine when you are ready for discharge. Most patients are discharged within 1 to 2 days after surgery.

Knee Range of Motion

It is very important that you are working on stretching your knee each day. Your therapist will measure your range of motion regularly. Use the chart below to track your progress.

Date	Extension Goal: 0°	Flexion Goal: 130+°

Date	Extension Goal: 0°	Flexion Goal: 130+°

Total Joint Replacement

Maintaining Your Independence

Adaptive Equipment for Use After Surgery

Equipment can help increase your independence with your daily living skills (ie. bathing & dressing).



Reacher (left): Use to pick up objects from the floor. You can also use when dressing to put on pants or undergarments. (Place waistband in “jaw” of reacher, and pull over each leg). Always dress operated leg first and undress it last.



Long Handled Sponge (above): Use to wash lower extremities and back.

Long Handled Shoe Horn (right): Use to put on shoes. Place in heel of shoe and slide foot in (use with elastic shoelaces).

Elastic Shoelaces: Use like regular shoelaces, but leave tied at all times. Be sure to lace through hole in tongue of sneakers.



Sock Aid (left): Use to put on socks. Follow written instructions that came with the sock aid. To remove socks, use your reacher (right) or long handled shoe horn.



Other equipment may be recommended. These may include: a raised toilet seat or commode, shower bench and/or tub seat, or rarely a hospital bed. These may not be covered by insurance, and will only be ordered as deemed necessary by you and your healthcare providers.

Your Guide to Knee Replacement Surgery

Tub / Shower Transfer

You may need someone to help you when you transfer in and out of tub/shower.



1. Using walker if necessary, back up to the tub bench. With one hand on walker and one hand on bench, lower yourself down.
2. While sitting on bench, slide your hips to the inside of tub. Extend operated leg and lift over tub edge.



3. Position yourself for a shower.
4. Reverse the order of these steps to transfer out of the tub / shower.

Toilet Transfers

Transfer onto the Toilet

You may need a raised toilet seat depending on your ability to move from sitting to standing.



Slowly lower yourself onto the toilet. If you need a walker, use one hand to support yourself on a secure surface (not the walker).



Transfer off the Toilet

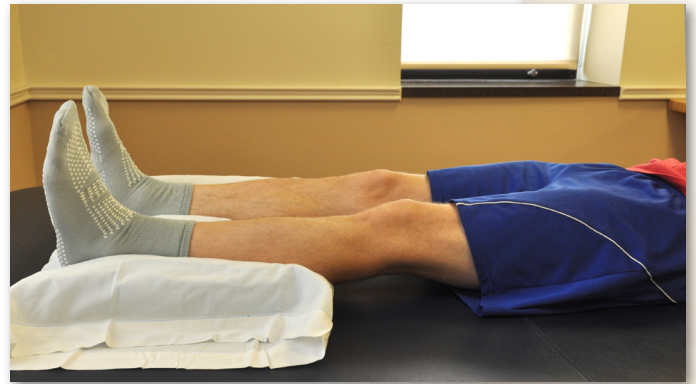
Use at least one hand to support yourself on a secure surface (not the walker).

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Precautions



Do not twist your surgical knee with your foot planted.

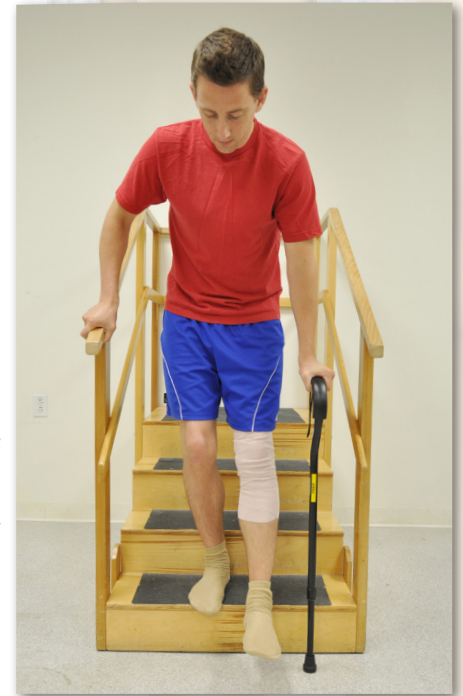


When lying in bed keep a pillow under lower part of leg (heel/ankle), not under knee. It is important that your knee is as straight as possible when you are resting.

Climbing Stairs



To go upstairs:
Hold onto rail if available. Start close to bottom step. Step up with non-operated leg, then lift operated leg and cane.



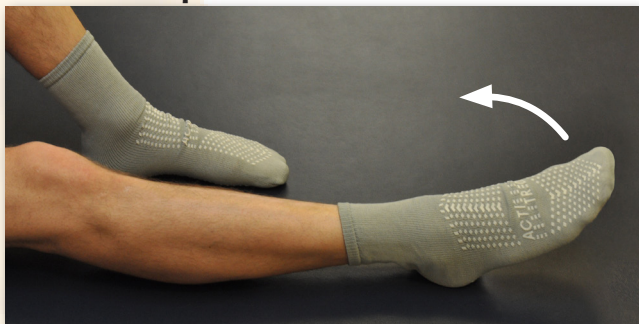
To go downstairs:
Hold onto rail if available. Place cane on lower step. Step down with operated leg, then follow with non-operated leg.

Your Guide to Knee Replacement Surgery

General Exercises

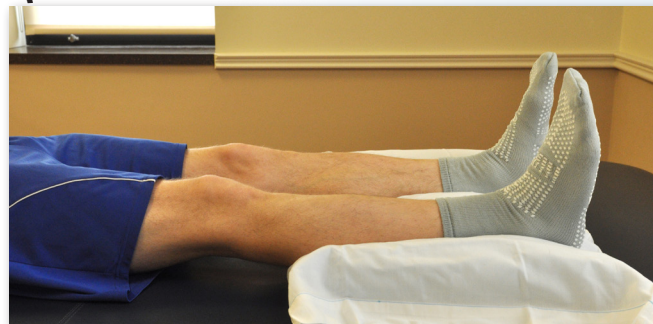
Complete these exercises twice a day, working up to 3 sets of 10 repetitions. Not all patients should do all of the exercises below.

Ankle Pumps



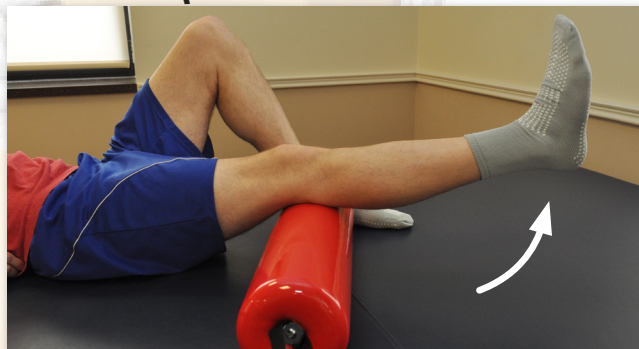
Pull foot up as far as you can, then point foot down. Do 10 repetitions at least once an hour while awake.

Quad Set



Tighten thigh muscle, trying to push the back of the knee down into the bed. Hold 3 seconds.

Short Arc Quad



With pillow or rolled blanket under knee, straighten knee and raise foot. Hold 3 seconds. Lower slowly.

Gluteal Sets



Tighten buttocks muscles. Hold 3 seconds.

Long Arc Quad



Slowly straighten knee. Hold three seconds. Slowly return to starting position.

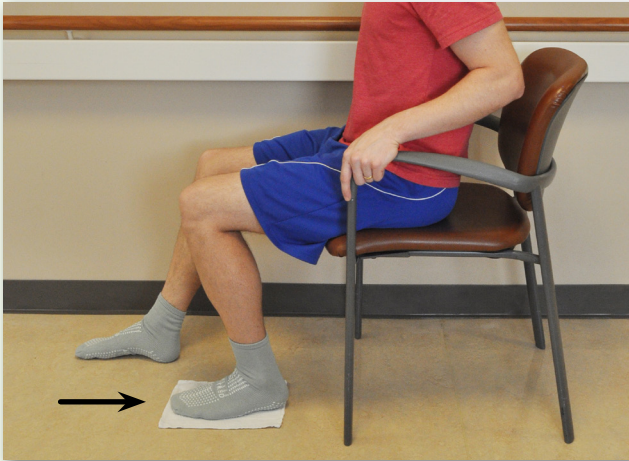
Heel Slide



Slide your foot as far back as you can. Then slide your foot forward to straighten your knee as much as you can.

Total Joint Replacement

Seated Knee Flexion



Bend knee as far back as you can. Hold foot in place and scoot forward in the chair to bend knee more. Hold at least 20 seconds. Repeat 3 times.

Straight Leg Raise



Keeping knee straight, lift leg a few inches off bed. Lower slowly.

Standing Hip Abduction



With hands on chair or counter for balance, stand on one leg. Lift opposite leg to the side. Keep trunk upright and toes pointing forward.

Standing Hip Extension



With hands on chair or counter for balance, stand on one leg. Lift opposite leg backwards, keeping knee straight. Keep trunk upright and toes pointing forward.

Mini Squat



With hands on chair or counter for balance, slowly bend knees, as if you are starting to sit in a chair. Keep your knees behind your toes. Slowly return to starting position.

Walk with your assistive device, as instructed by your PT, at least 5 times per day. Make sure you are walking with good form, and try to increase your distance a little bit each day.

Your Guide to Knee Replacement Surgery

Recovering from Surgery

No matter how healthy you are or how much you prepare for surgery, going home from the hospital will be an adjustment. You may experience anxiety and wonder if you are ready to be at home. This is normal. You will feel better with each passing day. You will likely experience a number of changes in your body, not just in your knee. You may experience poor appetite, low energy, constipation, and difficulty sleeping. These things are all a normal response after surgery, and will improve with time.

Some things that may help include:

- Try repositioning frequently. Change position or move your knee every 30-45 minutes during the day. It is good to get up and walk frequently, and try to increase your overall walking distance a small amount each day.
- Take your pain medicine about 30 minutes before a therapy appointment or other increase in activity. Over time, try to wean down the amount of pain medicine you are taking, as medications do have side effects and you may feel better overall once you no longer need them. You should also use ice regularly to help control the pain and swelling.
- Make sure to eat a healthy diet, and drink plenty of fluids.
- Engage in activities you enjoy, such as reading, watching movies, listening to music, making phone calls to friends, or visiting with family. There are lots of things you can do to keep busy, while still resting your knee.

While you will generally feel better as the days pass, it is normal to have some ups and downs along the way. Do not get discouraged if you have a temporary increase in pain, or if you have more difficulty during a therapy session, or find that you just need to lie down for a nap. Try to stay positive and focus on the things that are improving, and not worry about the things that are still difficult for you.



Total Joint Replacement

Discharge Instructions

Do:

- Walk as much as you can but avoid becoming too tired.
- Your operative leg may swell. Always elevate your leg while sitting or lying. Always place the pillow under your calf or ankle, never under your knee, to keep your knee as straight as possible when resting.
- Continue the exercises you were doing in the hospital as taught by your therapists.
- Wear loose clothing that allows free movement of your legs. Avoid tight clothing. Wear comfortable shoes .
- Continue with follow-up care after discharge. Make sure to attend your scheduled follow-up at your surgeon's office.
- Tell your doctor or dentist that you had knee replacement surgery if you require any of the following: dental work, other surgery, diagnostic procedures, or you think you might have an infection. The doctor may wish to order antibiotics for you before any of these procedures to prevent the possibility of an infection developing in your joint replacement.
- Take your pain medication 1/2 hour before increased activity, if needed.
- Call your doctor if you have any questions about your medications, or are unable to take your medications.
- Continue to do deep breathing and coughing exercises using your incentive spirometer after your discharge.
- Place a cold pack on your knee 20-30 minutes before and after you exercise. This will help decrease the swelling and pain in your knee.



Your Guide to Knee Replacement Surgery

Frequently Asked Questions

When can I take a shower?

The typical dressing is waterproof, so you may usually shower any time after surgery. Do not soak or scrub the incision. To shower safely, you may need equipment such as a long-handled sponge and shower chair, and may need assistance from another person.

When can I drive?

You may not drive while taking any narcotic pain medications. Do not drive until you have regained the range of motion, strength and reaction time to drive safely, including reacting to any sudden situations. This is different for everyone. Realistically, those having a left knee replacement may be able to return to driving an automatic vehicle sooner than those having a right knee replacement.

Can I get a handicap parking permit?

You may be eligible for a temporary handicap permit, which would be issued by your town, city, or village. Your surgeon's office can help you complete the paperwork.

How do I get in and out of a car?

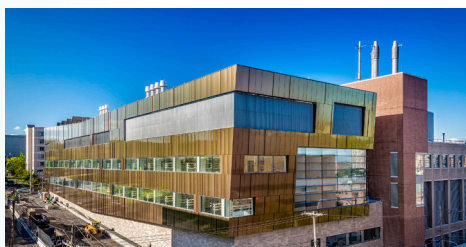
Most patients will travel in the front passenger seat. Have someone move the car seat all the way back, and recline the seat. Back up to the seat and hold on to the car seat or the dashboard (not the car door) as you sit down, and then rotate in the seat to lift your legs into the car. Some people traveling a long distance home from the hospital will be more comfortable in the back seat, with their surgical leg elevated on the seat.



Continuing Your Rehabilitation

Outpatient physical therapy offers rehabilitation with an individualized program for increasing strength, range of motion and mobility. The goal of outpatient therapy is to maximize your function and return to or beyond your previous functional level.

***Upstate's Regional Rehabilitation Center offers
outpatient physical therapy at six locations:***



Institute for Human Performance
505 Irving Avenue
Syracuse, NY 13210



Health Care Manlius
102 West Seneca Turnpike
Manlius, NY 13104



Bone & Joint Center
6620 Fly Road
East Syracuse, NY 13057



Western Lights
4671 Onondaga Boulevard
Syracuse, NY 13219



Township 5
208 Township Boulevard
Camillus, NY 13031



Clay
8687 Carling Road
Liverpool, NY 13219

***Please call 315-464-6543 to schedule an
outpatient physical therapy evaluation.***

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