

KNEE REPLACEMENT REHABILITATION

Before Surgery Goal

Improve knee strength: low impact exercise: walking, biking, swimming

Improve knee range of motion: range of motion exercises including lunges, hamstring and calf stretch

Familiarisation with postop exercises.

First Week Post-Surgery

Goal: reduce pain, swelling, begin walking, improve movement, start muscle strengthening. Be mindful of DVT.

Pain Control: You will be given strong painkillers when you leave the hospital, like Panadeine Forte or Endone, to take as breakthrough pain killers or on going to bed at night. However almost all the post-op pain is better controlled with regular Panadol every 6 hours and Nurofen 6 hourly, 3 hours after the Panadol.

Regular icing with the Body Ice pack: 30mins on 4 times daily and after exercises or physio is very helpful.

Walking: Mobilise full weight-bearing, progressing from frame to stick over the first two weeks.

Range of motion exercises: achieve full extension and 90° flexion, hamstring calf and quadriceps stretching. Start half revolutions on stationary bike.

Weeks 2 to 6 after surgery

Continue painkillers, improve quadriceps strength, knee movement and walking endurance.

Discard stick as comfort and safety allow.

Commence hydrotherapy and pool walking when wound is fully healed.

Continue stationary bike endurance.

Week 6 to 24 after surgery

Increase stretching, walking endurance to 30-45 minutes daily.

Continue simple painkillers as required and/or anti-inflammatories.

Safe return to driving.

Gradual return to golf and tennis as per the information sheet.

Most knee swelling and warmth improves over six months, as does numbness on the outside aspect of the scar, but there can be some persisting numbness permanently over a small area.