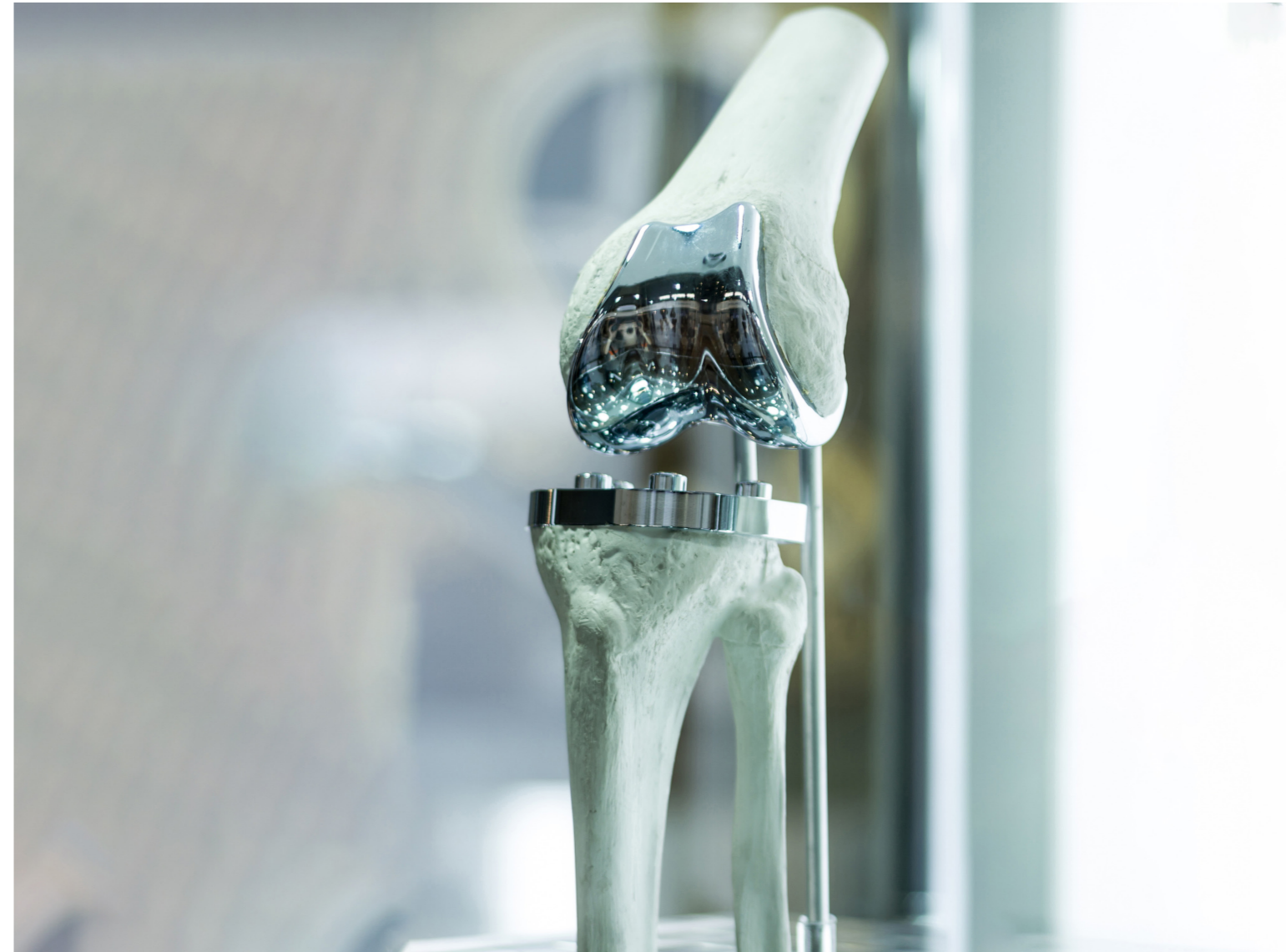


Physiotherapy program after Total Knee Replacement



Patient and Family Education
patienteducation@hamad.qa

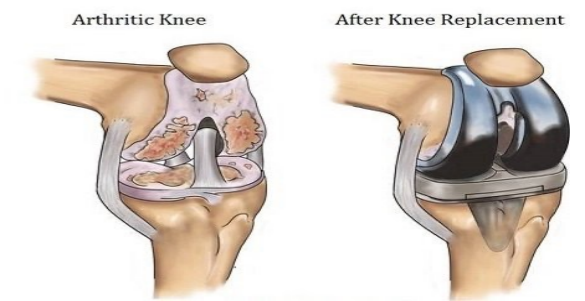
© 2024 Hamad Medical Corporation

24-038

WHAT IS A TOTAL KNEE REPLACEMENT (TKR)?

Total Knee replacement is a procedure where the damaged knee joint is replaced with with artificial parts made of metal and plastic.



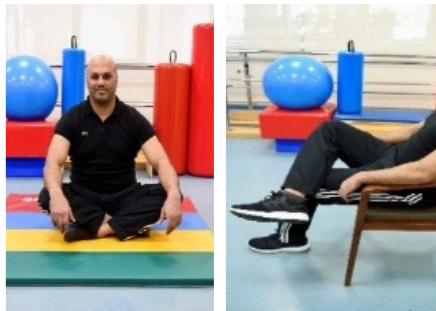


This new joint helps reduce pain and improve function.










DO'S AND DON'T'S

Please note that the exercises and instructions described in the pictures are for the right knee.

If you did your surgery on left knee, please change the side of the exercises to be suitable for your case

	Do	Do Not
<p>Reduce pain and swelling</p>	<p>Keep an ice-pack on your knee for 10-15 minutes every 3-4 hours to reduce pain and swelling.</p> 	
<p>Sitting</p>	<p>Sit with your knee supported on another chair.</p> 	<p>Avoid crossed legs when sitting on the floor or chair.</p> 
<p>Toilet</p>	<p>Use a seated toilet to avoid excessive bending of knee.</p> 	<p>Avoid squatting or use of floor toilet.</p> 

	Do	Do Not
<p>Walking</p>	<p>Keep your knees properly aligned without rotation while using a walker.</p> 	<p>DO NOT rotate your upper body while your operated leg is firmly placed on the ground, instead rotate your body and leg together as a whole.</p> 
<p>Sleeping</p>	<ul style="list-style-type: none"> Keep one or two pillows underneath the foot and leg to keep the knee straight. Use towel or pillow to keep your toes pointed upward.  	<ul style="list-style-type: none"> Avoid putting pillows under the knee since it could lead to inability to fully straighten your knee. DO NOT point your toes inward or outward. DO NOT keep your knee in a bent position.   

	Do	Do Not
<p>Driving</p>		Do not drive until your doctor says it is safe to do so.
<p>Weight gain</p>		Avoid gaining excessive body weight to avoid stress on your knee.
<p>General instruction</p>	<p>If you notice excessive redness, swelling, draining from the incision, high fever, chills or severe pain, health care provider should be immediately informed.</p>	

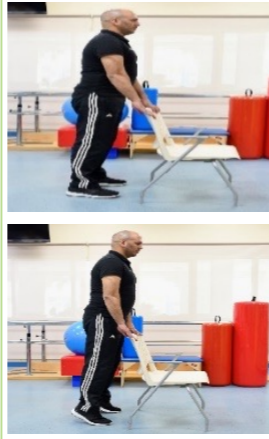
EXERCISES

EXERCISES	POSITION	DESCRIPTION	REPETITIONS, SETS AND FREQUENCY	
Ankle pump	Lying or semi upright position	Move your foot up and down	10 repetitions, 3 sets, Hourly	
Patellar mobilization	Lying or semi upright position	STEP-1: Slide your patella gently towards left and right STEP-2: Slide your patella up and down	10 repetitions each 3 sets 4 times/day	
Quadriceps sets	Lying or semi upright position	STEP-1: Press your knees firmly down onto a small, rolled towel or onto the bed. STEP-2: Hold for a minimum of 5-10 seconds and then relax.	10 repetitions each 3 sets 4 times/day	
Hamstrings sets	Lying or semi upright position	STEP-1: Press your heel down into the couch/bed without moving your leg STEP-2: Hold for a minimum of 5-10 seconds and then relax.	10 repetitions each 3 sets 4 times/day	
Gluteal sets	Lying or semi upright position	STEP-1: Squeeze your buttocks firmly together. STEP-2: Hold for a minimum of 5-10 seconds and then relax.	10 repetitions each 3 sets 4 times/day	

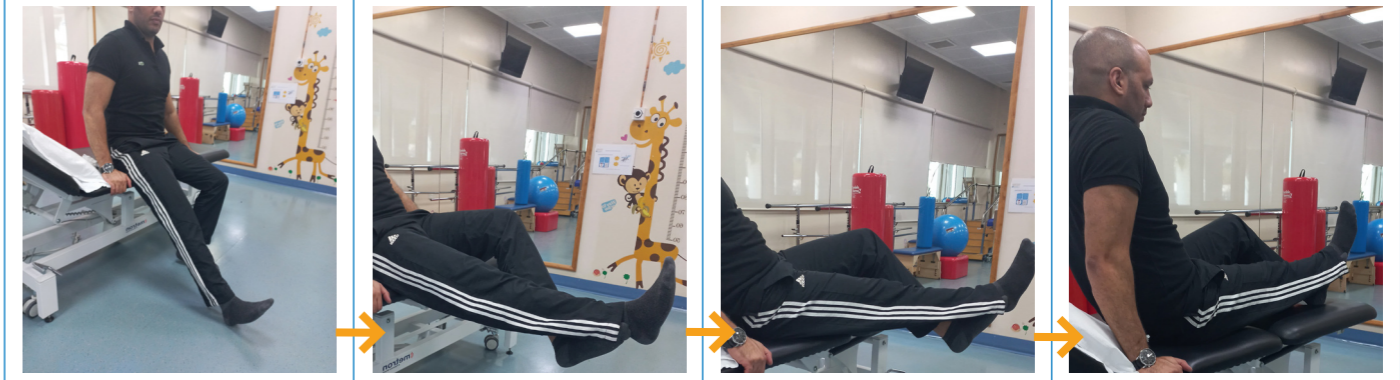
EXERCISES	POSITION	DESCRIPTION	REPETITIONS, SETS AND FREQUENCY	
Adductor sets	Lying or semi upright position	STEP-1: Place a rolled towel or a ball in between your knees and squeeze your knees together keep the knees straight. STEP-2: Hold for a minimum of 5-10 seconds and then relax	10 repetitions each 3 sets 4 times/day	
Heel slide	Lying	STEP-1: Slide your heel toward your buttocks STEP-2: Return to the starting position	10 repetitions each 3 sets 4 times/day	
VMO "vastus medialis obliques" strengthening	Lying or semi upright position	STEP-1: Keep a pillow/rolled towel/ bolster underneath your knee and straighten your knee. STEP-2: Hold for a minimum of 5-10 seconds and return to the starting position.		
Straight leg raise	Lying or semi upright position	STEP-1: Lift your leg with knee straight about 20 CM STEP-2: Hold for 5-10 seconds and then return to the starting position	10 repetitions each 3 sets 4 times/day	

EXERCISES	POSITION	DESCRIPTION	REPETITIONS, SETS AND FREQUENCY	
Hip abduction	Lying or semi upright position	STEP-1: Move your leg to the side of the bed with the knee straight STEP-2: Return to midline (DO NOT cross the midline)	10 repetitions each 3 sets 4 times/day	
Bridging	Lying on your back with knees bent	STEP-1: Raise your waist up with knees bent position STEP-2: Hold for 5-10 seconds and return to the starting position.	10 repetitions each 3 sets 4 times/day	
Self-knee bends	Sitting semi upright position or High sitting	STEP-1: Slide your leg back as far as you can. Use your non-operative leg to gently assist bending, as far as comfortable. STEP-2: Hold in this position for 5-10 seconds and then relax.	10 repetitions each 3 sets 4 times/day	
Alternative way				
Seated knee extension	Sitting	STEP-1: Straighten your knee STEP-2: Hold for a minimum of 5-10 seconds and return to the starting position.	10 repetitions each 3 sets 4 times/day	

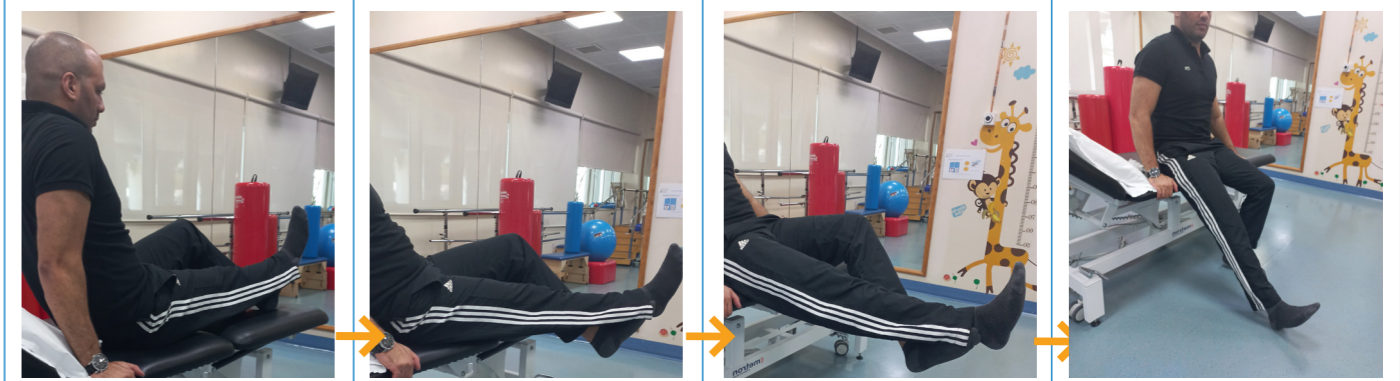
EXERCISES	POSITION	DESCRIPTION	REPETITIONS, SETS AND FREQUENCY	
Standing hip bends	Standing holding onto a stable object to maintain balance	STEP-1: Lift your knee as high as tolerated STEP-2: Hold for 5-10 seconds and return to the starting position.	10 repetitions each 3 sets 4 times/day	
Abduction with knee straight	Standing holding onto a stable object to maintain balance	STEP-1: Move your leg away from other leg without side bending your trunk STEP-2: Hold for 5-10 seconds and return to the starting position.	10 repetitions each 3 sets 4 times/day	
Hip extension with knee straight	Standing holding onto a stable object to maintain balance	STEP-1: Move your leg backwards without forward bending your trunk. STEP-2: Hold for 5-10 seconds and return to the starting position.	10 repetitions each 3 sets 4 times/day	
Hamstring curls	Standing by or holding onto a stable object to maintain balance	STEP-1: Raise your heel and bend your knee as much as possible. STEP-2: Hold for 5-10 seconds and return to the starting position	10 repetitions each 3 sets 4 times/day	
Mini Squat	Standing by or holding onto a stable object to maintain balance	STEP-1: Bend your knees for around 20-30 degrees taking equal weights. STEP-2: Return to the starting position	10 repetitions each 3 sets 4 times/day	

EXERCISES	POSITION	DESCRIPTION	REPETITIONS, SETS AND FREQUENCY	
Heel raise	Standing by or holding onto a stable object to maintain balance	<p>STEP-1: Keep your feet parallel to each other</p> <p>STEP-2: Lift your heels off the ground as much as you can and slowly lower down</p>	10 repetitions each 3 sets 4 times/day	

Getting into bed



Getting out of bed



Sitting on a chair



Standing up from a chair



