



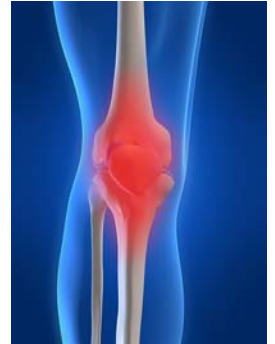
## Exercise after Knee Replacement Surgery

If you've been undergoing treatment for knee arthritis and haven't gotten any pain relief yet, your doctor may recommend a total knee replacement surgery.

According to the University of California San Francisco Medical Center, over 90% of people who undergo a total knee replacement experience a dramatic decrease in knee pain and are able to resume their daily activities post surgery. If a total knee replacement is recommended by your physician, there

is nothing to worry about. Here's what you can do to physically prepare yourself for the surgery:

- Talk to your physical therapist or exercise professional to develop a strengthening and stretching exercise program for your knee musculature.
- Give your doctor a list of every medication you take to eliminate the possibility of any adverse affects while under anesthesia.
- If you are overweight, it may be helpful to lose weight with a program of controlled exercise and healthy nutrition.



Following surgery, your hospital stay can be between 3 to 7 days. You'll most likely receive fluids and antibiotics intravenously to ward off infection, and you'll also get pain medications every 3-4 hours. During recovery, your doctor will be closely watching to make sure that you don't develop deep vein thrombosis (DVT), which is a blood clot in the leg veins. Be sure to wear your leg stockings or compression boots and perform foot and ankle exercises as mentioned by your therapist to help prevent blood clots.

Physical therapy is an essential component of recovery after surgery. It is begun as soon as possible after surgery to help you learn to walk with walking aides, and help you manage daily activities (like getting out of bed or a car, and going up and down stairs). Some exercises include straightening your leg for a prolonged period as well as bending your knee further than is comfortable. It is important to get these motions early on to decrease your risk of complications. To help regain movement, you may use a device called a continuous passive motion machine (CPM), which slowly bends and straightens your knee while you're in bed. These machines do not strengthen your leg, so a physical therapist will also give you strengthening exercises in bed as well as in sitting and standing.

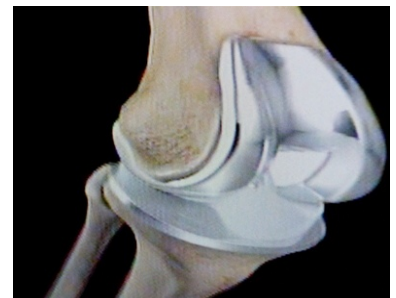
**As specialists in rehabilitation, our goal is to gradually increase your level of physical activity to help you return to normal activities at home.**

## Not Ready For Knee Replacement?

If you've exhausted nonsurgical treatment options such as medication, lifestyle modification and exercises, but still aren't ready for a total knee replacement, ask your doctor about other surgical options.

For instance, arthroscopy is considered a common alternative to total knee replacement. The most popular arthroscopic procedure used to relieve knee pain from osteoarthritis is debridement. In this procedure, surgeons scrape away the damaged tissue until they reach a layer of healthy tissue.

Keep in mind, though, that this operation is likely to postpone total knee replacement for a variable period (generally three to five years) rather than replacing it entirely.



## Getting Back On Your Feet!

Once you're released from the hospital, be sure to continue with the recommended therapy exercises to ensure good recovery. The length of exercise therapy will depend on your age, fitness level, and motivation but typically lasts 6 to 8 weeks.

Between your therapy sessions, our skilled exercise professionals will suggest some home exercises that will help speed your recovery. These home exercises are crucial and should not be ignored. The more you do, the faster you recover.

### **A WORD OF CAUTION:**

The risk of injury after a total knee replacement is great, so make sure that you follow our advice closely when performing exercises. Discuss any new exercises with us, your exercise professionals, before trying them to be sure that they're suitable for your condition.



### **Tip of the day for Knee Replacements...**

Beginning an exercise program before your surgery can greatly enhance your recovery period.