

PARTIAL KNEE REPLACEMENT EXPECTATIONS

i First of all, thank you for trusting us with taking care of your knee replacement.

STAGE I: FOR 6 WEEKS

i The first phase is about the patient learning to reconnect with their new knee.

Physical therapy is important and the rehabilitation aspect for the first 6 weeks is the most important to regain your mobility.

During this time, it can be very difficult to actually hurt or damage your knee and new implant. But the effort required to regain your range of motion, does cause the knee to hurt. This is okay!

You need to push through this and exercise will make it easier on the healing process.

Stopping because the knee hurts will result in stiffness and a painful knee.

You **MUST** push beyond the comfort zone from day one.

Tips

i **Learn to relax your muscles, which makes the prosthesis and progress easier for your knee.**

- **Ice bag:** Use a freezer ziplock bag with 1/3 rubbing alcohol and 2/3 water, then reinforced with a second freezer bag. Place her in the freezer overnight. Is a very useful and reusable icepack that molds around the knee.
 - Ice as needed for 20 minutes several times a day at least 3 hours in between each ice treatment.
- **Massage:** Massage the tissue around the knee, this will soften up the skin and desensitize the nerves.
- **Ted hose:** Wear them for the first 2 weeks it is important to decrease swelling. It is most important to wear them during the day, optional at night.
- **My knee is not straight** – Knee extension (getting your knee straight) is the most important motion for walking normally. The time to get your knee straight is typically shorter than getting your knee bent. To help you achieve your goal, please do the following:
 - (1)Place 5 lbs. of rice (or a 5 lbs ankle weight) in an old pillow case and heat it in the microwave for about 10 minutes (DO NOT MICROWAVE the ankle weight.)
 - (2)Place a warm, wet washcloth over your knee
 - (3)Sit at the edge of a chair and support your heel on a step stool, ottoman, or coffee table
 - (4)Place the warm pillowcase of rice/ ankle weight on the knee and let gravity stretch the knee
 - (5)Start at 2-3 minutes per session, for 5 times per day
 - (6)Increase the time as you can tolerate. (You can do this up to 15-30 min every 1-2 hrs, as needed.)

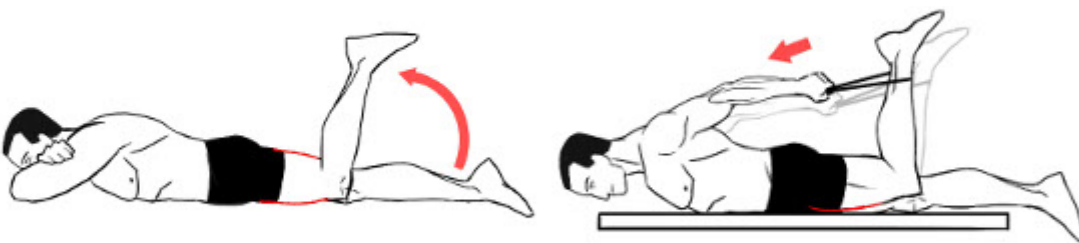


Another option to get your knee straight is “PRONE HANGS.”

Stretch your knee straight (“prone hangs”) several times a day Start with 2-3 min. up to 30 minutes 5 times a day. The leg should be supported just above the kneecap so the knee can hang straight. You can use an ankle weight as a counter weight.



Bend your knee upwards (“prone flexion”) often while you are performing prone hangs to break up the stretching, and to help regain the flexion in the knee. Perform at least 10 repetitions at a time, at least 3 times / day. You may use a towel or band around the ankle to help bend further.



Physical therapy

i It is important to have supervised physical therapy. But it is important to follow the instructions the physical therapist provides to obtain optimum results.

- It is important for the physical therapy to start as soon as possible after surgery.
- **Remember, the patient is responsible for scheduling Physical Therapy visits with the information and prescription provided by our office.**

Pain medication

i Use the pain medication as needed.

Most of the time over-the-counter medication is enough to control the pain. Remember that using narcotic medication has multiple side effects, like constipation, nausea, drowsiness and bloating.

The sooner you wean yourself off the narcotic medications the better for you.

But not at the expense of being miserable with pain.

- At night for the first 4-6 weeks, sleeping may be difficult because the knee does not like to be in one position for too long. It will get better, it just takes time.
- Do not take daytime naps.
- Use Benadryl at night 25-50 mg at bedtime and or a pain pill.

i STAGE II :STRENGTHENING AND ENDURANCE

This stage is different for each patient. But you will know when you have reached this stage, when you are sleeping better and off pain medication for the most part.

You may need an occasional pain medication and that is okay.

Swelling is improving but still present at some degree.

Exercising the knee involves you doing exercises that you enjoy.

For example cycling, treadmill, walking, hiking, swimming, weights and other activities. If you golf, start with chipping and putting is okay. Your new knee may not be ready to do a full swing but realistically the knee will let you know if you did too much.

The goal is to continue stretching and not lose the range of motion that you have achieved.

110° is the goal for flexion which allows you to do your activities of daily living. Anything past 110° is a plus.

But remember if your knee was stiff before surgery it may be stiff after surgery and you may lose a few degrees but if you work hard at regaining your range of motion then you will be very satisfied with your outcome.

At 2.5 months from surgery we will obtain an x-ray of the prosthesis. If there is good healing of the implant and your mobility has been regained at this time, you may start your physical activity as tolerated without any restrictions.

Stage III: Final phase

i To reach this phase can take up to a year. The knee continues to heal up to the first year from surgery. Millions of patients have had their knee replaced. They have gone through this process before and have achieved excellent results.

- During this stage, healing continues and at this point it is safe to do all your activities as tolerated. You will know when you have reached this final phase.
- However, remember it is not your 30-year-old knee it is an artificial knee and it will remind you from time to time.
- Also, there may or may not be a persistent click in the knee and this is perfectly normal. That is because there is metal and plastic inside your knee.
- Kneeling: If you can tolerate kneeling on your knee it is ok to do so.

At this stage you can return to full activities of playing golf, tennis, pickle ball, hiking and swimming. These activities are all perfectly acceptable and the main reason why you probably had your knee replaced. Exercise is encouraged!