



PHYSIOTHERAPY ADVICE

Knee joint replacement

Introduction

A knee joint replacement is a surgical procedure designed to replace your knee with an artificial joint. The aim of this surgery is to improve your quality of life.

During your hospital stay, you will be seen regularly by a physiotherapist. Our role is to guide your physical recovery, prepare you for home and organise ongoing physiotherapy as needed.

Prior to surgery

Physiotherapy

If your surgery is at least 3-4 weeks away, starting an exercise program can help improve your fitness and prepare you for surgery. Cabrini offers private outpatient physiotherapy to help you get ready. Contact Cabrini Access on (03) 9508 1700 for more information.

The Orthopaedic Pre-admission Clinic at Cabrini Malvern helps you feel confident and prepares you for going home after surgery. The hospital will contact you if your attendance is recommended.

Preparing for admission

To make your transition home easier:

- Arrange for family or friends to drive you home from hospital
- Stock your pantry and freezer with meals that are easy to prepare
- To reduce the risk of falls, make sure it is safe and easy to move around your home on crutches
- Clean and organise your home before coming to hospital

When in hospital

What to bring

Bring suitable footwear and enough comfortable clothing for your expected length of stay. Choose shoes that can accommodate swelling and have a closed heel (avoid flip-flops or backless slippers). Expect to get dressed in sleepwear or day clothes immediately after surgery.

Walking

Regular walking is essential for a successful recovery. Starting from the day of surgery, staff will assist you to get out of bed and walk with a frame or crutches. Aim to walk at least four to six times a day, with staff help until they advise you are safe to do so on your own.

Sitting

Sit out of bed for meals once staff have advised it is safe. If you experience lower leg swelling, sit for less than an hour at a time and elevate your operated leg on a stool.

Exercises

To minimise stiffness and pain, knee movement is encouraged immediately after surgery. Your physiotherapist will teach you an exercise program to regain knee movement and strength. Practice these exercise three times daily for six weeks.

Equipment

Your physiotherapist will assess and advise you about your equipment needs during your hospital stay. If you own a pair of forearm crutches, please bring them with you. If not, your physiotherapist can provide you with a pair for purchase after surgery. Other equipment is not normally needed.

Cabrini has a preferred equipment provider who can deliver to the hospital during business hours (free) or to your home (for a fee). Equipment delivered to the hospital must be transported home by a family member before your discharge.

Progress

Most patients go home within 2-3 days. Your physiotherapist will guide your mobility and exercise progress to prepare you for discharge. Below is an example of the standard pathway. This will be tailored to your individual needs.

Day of Surgery	During Admission		Day of Discharge
Get in and out of bed: With staff help	Learn to get in/out of bed safely and independently		Independent
Sitting: Not today	Sit out of bed for meals with your operated leg elevated as recommended		Independent
Walking: With a frame/crutches and staff help	Learn to walk independently with crutches for 50+ metres Aim to walk 4-6 times a day		Walk with crutches 100+ metres independently
Stairs: Not today	Learn to manage stairs safely with crutches		Manage stairs independently
Exercises: Move your knee immediately after surgery	Start GROUP 1 exercises (see pg.4)	Start GROUP 2 exercises (see pg.5)	Independent
Preparing for home: Confirm discharge plan	Organise equipment, transport and home physiotherapy		Go home
Personal Care: Get dressed with staff help	Learn to shower and dressed safely and independently		Independent

At home

General advice

Continue physiotherapy sessions 1-2 times weekly for 6 weeks post-surgery. Your physiotherapist will discuss options based on your needs, location and health fund.

Don't expect to be up all day when you first get home, most patients spend a short period resting in bed morning and afternoon in the early post-operative period. Aim for a gradual return to your usual activities of daily life during the six weeks leading up to your surgeon's post-operative review.

Most lower leg swelling is normal and varies in duration. If present, elevate your leg when sitting and avoid standing still for long periods (e.g. while cooking).

Walking

To regain strength, fitness and minimise complications, aim for at least 45 minutes daily spread over three or more walks. Take care walking on uneven surfaces such as sand and cobblestones.

Exercises

Continue Phase 1 & 2 exercises at home. Progress to more advanced exercises under the guidance of your physiotherapist.

Hydrotherapy/swimming

Avoid water-based exercises until your surgeon advises it is safe. They are beneficial for improving strength and flexibility.

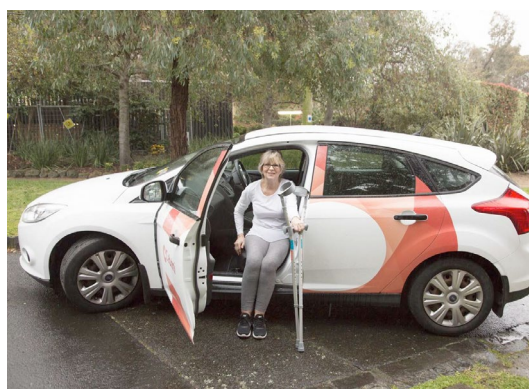
Car travel and driving

You may travel as a passenger immediately after discharge from hospital but avoid prolonged trips if possible. Most surgeons allow driving once you are off crutches and feel ready. Check with your surgeon and car insurer regarding policy requirements.

Getting into the car:

1. Move the front passenger seat back fully.
2. Stand at the opened door, feel the seat behind your legs, and lower yourself down.
3. Slide back onto the seat and lift both legs into the car with help from your driver.

(To get out, reverse these steps)



Discharge to six-week review

Your surgeon and physiotherapist will guide your individual physical recovery.

Week 1	Week 2	Week 3-5	Week 6
Practise all exercises three times daily.	Continue exercises three times daily.	Continue exercises three times daily.	Wean exercises as advised
Begin short outdoor walks, increasing distance as tolerated.	Walk at least 10 minutes 3 – 4 times daily.	Walk at least 45mins daily (e.g. 3 x 15 minutes). Wean off crutches as advised.	Walk at least 60 minutes daily (e.g. 3 x 15-20 minutes).
Elevate your leg when sitting if swelling is an issue.	Continue short bed rests if needed. Elevate leg when sitting.	Eliminate bed rest during the day	Return to usual activities of daily life.

Complications

Complications are uncommon but may occur. Contact your surgeon or GP if you experience:

- Increased redness, swelling or pain in the calf
- Fever or increased swelling, redness or discharge around the wound
- Increased pain that does not settle with your prescribed pain management routine

Group 1 exercises

Start the day after surgery with your physiotherapist's guidance. Aim to be independent before discharge.

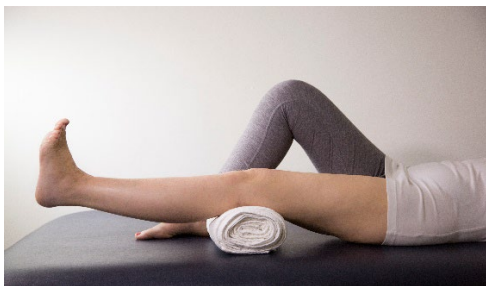
Perform each exercise 5 - 10 times, three times daily, or as advised.



Sit up straight in bed.

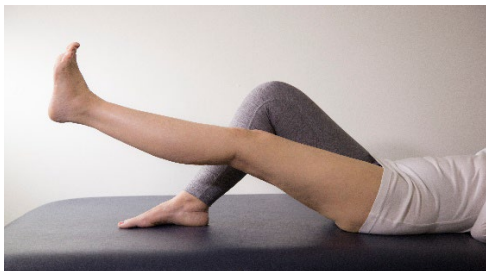
1: Knee straightening (ankle towel)

Place a rolled towel under your ankle. Keeping your knee straight, push the back of your knee towards the bed.



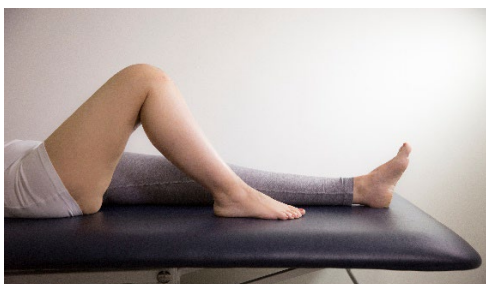
2: Knee straightening (knee towel)

Place a rolled towel under your knee. Pull your toes up, lift your heel and straighten your knee.



3: Leg raise

Pull your toes up and keeping your knee straight, lift your leg off the bed. As you lower your leg, try to place the back of your knee down first.



4: Knee bending

Bend your knee by sliding your heel towards your bottom as far as possible. You can use your hands to help.

Group 2 exercises

Start within two days of surgery with your physiotherapist's guidance. Aim to be independent before discharge.

Perform each exercise 5 – 10 times, three times daily, or as advised.

Position yourself in a chair or sit over the edge of the bed with both knees bent.



5: Knee bending (seated)

Bend your knee by sliding your foot under the chair as far as possible. Cross your other foot over the ankle and gently bend further.



6: Knee straightening (standing)

Stand holding a firm surface. Bend both knees slightly, then straighten and lock them back firmly.

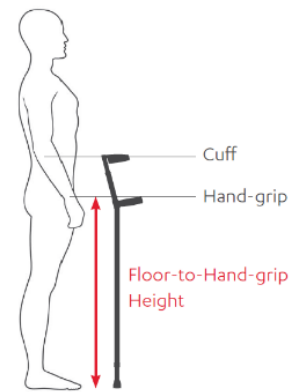


7: Calf stretch

Step back with your operated leg, keeping your heel on the floor. Bend forward onto your other leg until you feel a stretch in your calf.

How to use crutches

Fitting: stand straight with arms relaxed.
Adjust crutch height so handgrips are level with your wrists.
Adjust cuffs to sit ~2cm below your elbows.

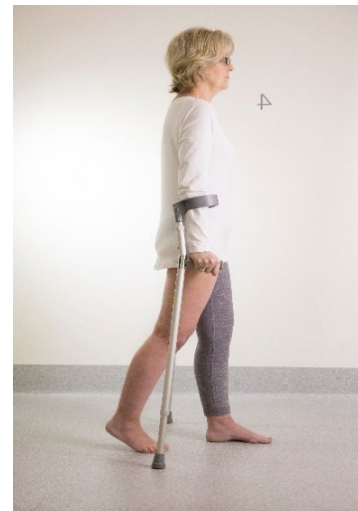


Walking

Place crutches one step ahead

Step forward with your operated leg, foot level with the crutches.

Step through with your other leg, placing it a step ahead of the crutches.



Stairs

Only go up/down one step at a time, and until you feel confident remain supervised by family or friends.

Going up

Step up with your good leg, then your operated leg, then bring crutches up



Going down

Place the crutches on the step below, then your operated leg, then your good leg.

