

INSTRUCTIONS FOR KNEE REPLACEMENT PATIENTS
SIX TO EIGHT WEEKS AFTER SURGERY

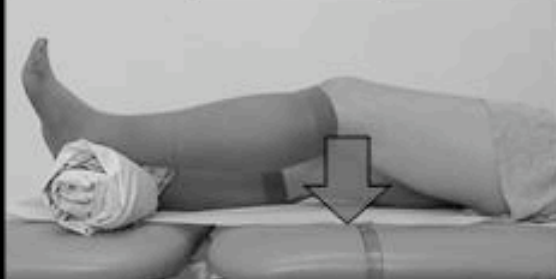



You have completed the most critical period of your operation. From now on you can increase your activities progressively and as tolerated, provided your knee does not hurt.

1. You can discontinue the added height of your armchair, bed and toilet seat. However, it is more comfortable to sit in higher seats with arms.
2. You do not need the pillow between your legs at night, and you can turn in bed to either side, even without the pillow.
3. If your legs are not swollen in the evening, you can give up the elastic stockings.
4. If you had a standard total or partial knee replacement, you can give up the cane as soon as you feel confident and can walk without pain or limp. If you had a revision or other type of operation, I will tell you how much weight you should put on your knee.
5. You should continue with your previous exercises, particularly those depicted on the back of this sheet. These exercises will increase the range of motion of your knee and are essential to obtain the best possible result. You should do them several times a day.
6. Have showers rather than baths. Place a handle on the shower wall and a footstool outside and inside to help you in and out.
7. You may now drive a car.
8. If you were under the care of a local medical doctor, go back to see him/her.
9. Your artificial knee could beep at airport security checks. We can provide you with a card to show that you have an artificial joint.
10. Please return to see me four months AFTER SURGERY (approximately 2 and a half months from now) for an examination of your operated knee.

Alejandro González Della Valle, MD

**** PLEASE SEE OVER ****

These exercises will help strengthening your operated knee. The window of opportunity for you to gain range of motion after surgery is limited. Therefore, I strongly encourage you to perform these exercises frequently, enthusiastically and vigorously to achieve the best possible result.

| <u>Exercise 1</u> | <u>Exercise 2</u> |
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| <p>With a rolled towel under your heel, tighten your thigh muscle (quadriceps) bringing the back part of your knee down towards the bed. Keep the pressure for 10 seconds and relax. Repeat several times. This will prevent your knee from healing bent.</p> | <p>Bend your knee as much as possible, keep the knee bent for a few seconds before putting it straight. With the repetitions, the bending and the extension will improve.</p> |