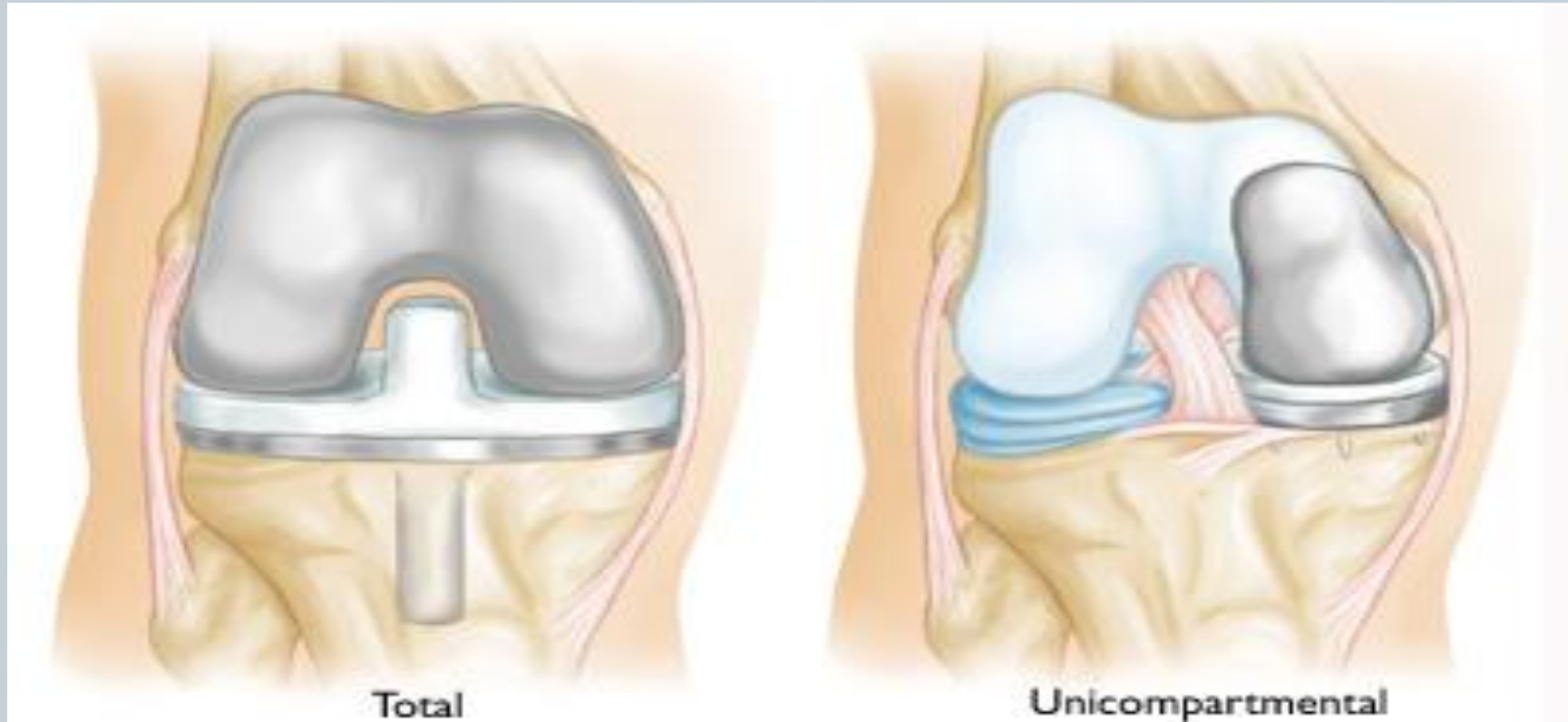


IMGPT: Preparing for Knee Replacement Surgery

610-944-8140 805 N. Richmond St. Fleetwood (Next to Fleetwood HS)



http://www.ucdmc.ucdavis.edu/orthopaedics/pdfs/newknee_brochure.pdf

Planning Ahead

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Making the proper preparations before an eventual knee replacement is crucial for an optimal recovery

Research shows patients that do pre-rehab have better post surgical outcomes

Consult your Physical Therapist at IMG PT **BEFORE** your surgery to make sure your transition to rehabilitation is smooth and effective and to see if this is an option for you.

Phone # 610-944-8140

Planning Ahead: Physical Preparations

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Quit or limit cigarettes

(smoking decreases blood flow which hinders the recovery process)

No alcohol: 48 hours before surgery

(alcohol thins blood volume and will present a risk for increased bleeding during surgery)

Weight loss / management

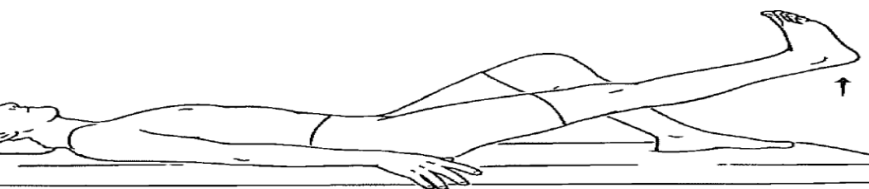
(each pound of body weight lost will decrease 4 pounds of force off of the knee)

Exercise

(upper extremity strengthening will assist with sit to stand transfers and using assistive devices such as crutches or walkers)

(lower extremity strengthening and flexibility will help condition legs for post surgery rehabilitation)

KNEE - 17 Strengthening: Straight Leg Raise



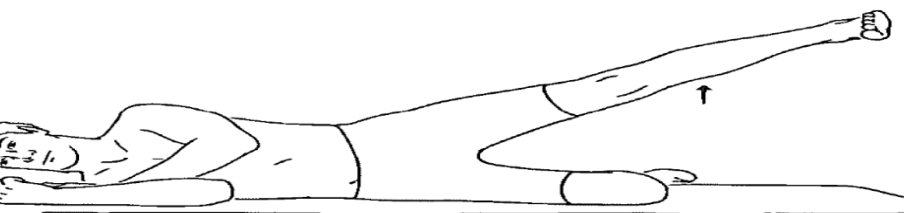
Tighten muscles on front of right thigh, then lift leg _____ inches from surface, keeping knee locked.
Repeat 15 times per set. Do 2 sets per session.
Do _____ sessions per day.

HIP / KNEE - 22 Strengthening: Hip Adduction (Side-Lying)



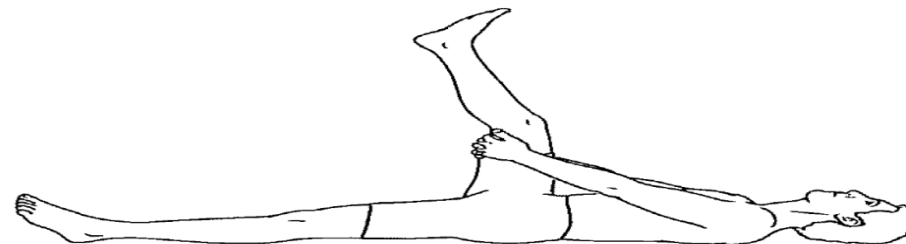
Tighten muscles on front of right thigh, then lift leg _____ inches from surface, keeping knee locked.
Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

KNEE - 21 Strengthening: Hip Abduction (Lying)



Tighten muscles on front of left thigh, then lift leg _____ inches from surface, keeping knee locked.
Repeat 15 times per set. Do 2 sets per session.
Do _____ sessions per day.

HIP / KNEE - 38 Stretching: Hamstring (Supine)



Using a towel around the foot, slowly lift the leg and straighten the knee until stretch is felt in back of thigh. Hold 30 seconds.
Repeat 3 times per set. Do 1 sets per session.
Do 2 sessions per day.

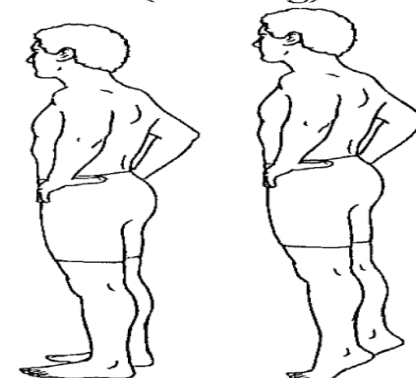
ANKLE / FOOT - 22 Toe Raise (Standing)



Push up on heels.

Repeat 15 times per set.
Do _____ sets per session.
Do _____ sessions per day.

ANKLE / FOOT - 20 Heel Raise: Bilateral (Standing)



Rise on balls of feet.

Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

Planning Ahead: Environmental Preparations

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Make home modifications before hospital admission

- equip the room you plan to spend the majority of time in with items such as: tv, remote, phone, radio, laptop, reading material, waste basket, tissues, medications, etc...
- rearrange furniture to make maneuvering in the house easier
- remove / secure fall hazards such as throw rugs, electric cords, and cables
- food shop and freeze pre-prepared meals or dishes
- shower chairs or grab bars in the bathroom
- contact family and friends ahead of time to ensure rides to and from physical therapy. **Schedule at IMGPT prior to surgery.**
- You do not have to attend the surgeon owned PT facility.**

Planning Ahead: Last minute Preparations

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Pack a hospital bag which could include

- id, insurance card, medical history / information
- cell phone
- medications
- personal care and grooming items
- non slip slippers
- robe / loose fitting clothes
- eyeglasses or contacts
- reading material
- ~cash, credit cards, and jewelry might be better off left at home~

IMG Outpatient Physical Therapy:

IMGPT 610-944-8140 805 N. Richmond Street (next to Fleetwood HS)



- The earlier you start Outpatient PT at IMGPT the better your outcomes can be.
- Plan on spending three times a week for the first couple weeks at therapy.
- Average visit is approximately two hours per visit including your first visit at therapy.
- Please take all pain medication prior to coming to therapy to be able to maximize your potential with the therapist.

IMG Outpatient Physical Therapy Goals

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Modalities for pain

Edema control

Increase ROM

Increase strength

Increase balance

Restore Normal Functional Abilities

- For information on Home Exercise Program visit website

[@http://www.imgpc.com/doctor_categories/physical-therapy/](http://www.imgpc.com/doctor_categories/physical-therapy/)

- Click on link for: ACL / TKR Injury Home Exercise Sheet