



Joint Program Participant,

Welcome! Thank you for selecting the Human Motion Institute at Randolph Hospital as the medical facility to have your Joint Replacement Surgery. We have developed a **Joint Program** as a commitment between you, your surgeon and Randolph Hospital. This team approach allows us to provide you with the quality care you deserve at each and every phase of your treatment.

Our goal is to meet your needs and enable you to return to your daily routine as soon as possible. We want to educate you about your upcoming surgery, recovery and rehabilitation as well as answer any questions you may have regarding this process.

Through the **Joint Program** you will know how to prepare for your surgery, what to expect during your hospital stay and how life will be with your new prosthetic joint after your rehabilitation.

We will be with you every step of the way. Thank you for allowing us to partner with you for your joint replacement care.

Sincerely,

*Your Joint Program Team*

**THE HUMAN MOTION INSTITUTE AT RANDOLPH HOSPITAL**

364 White Oak Street, Asheboro, NC 27203  
(336) 629-8818 ■ [www.randolphhospital.org](http://www.randolphhospital.org)



# Joint Program

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## General Information Joint Program Overview

The **Joint Program** starts with a visit with your surgeon and your scheduled date to come to joint education class. In this class you will learn about your surgery and recovery. You will also have a chance to meet some of the people who will be part of your joint team.

**At the Joint Education Class you will learn about these topics:**

- Joint disease and replacement surgery
- Exercises to help you get ready for your surgery
- What to expect in the hospital
- How to get ready for discharge from the hospital
- Rehabilitation after surgery
- Time for questions and answers

### **Your Joint Program Handbook**

This handbook will help you understand the process for joint replacement surgery and recovery. Bring the book with you to all of your surgery related visits. Please write down any questions you have after reading the book or between visits. You can then ask your doctor or a member of the **Joint Program Team**.



## General Information Joint Program Overview

The Joint Program Team will consist of your:

- Coach
- Orthopedic Surgeon
- Anesthesiologist and Certified Registered Nurse Anesthetist (CRNA)
- Nurses
- Physical and Occupational Therapists
- Resource Management staff
- Hospital staff

The Joint Program Team will:

- Give you information to help you make the best decisions about your care and recovery.
- Plan your care in the hospital and develop a discharge plan based on your specific situation.
- Help with your education to get you ready for surgery.
- Update you on your progress during your hospital stay.
- Help plan for your discharge.
- Direct you to services you will need when you leave the hospital.
- Answer your questions.



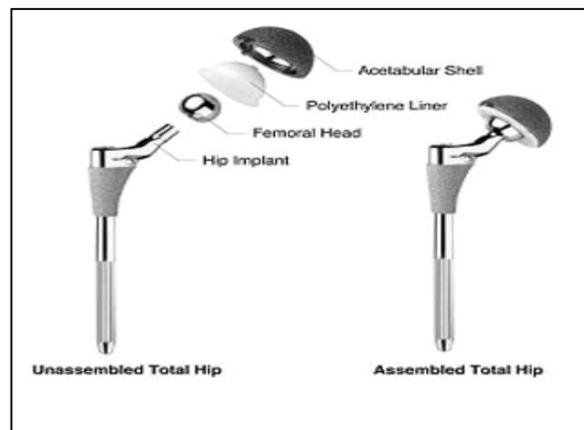
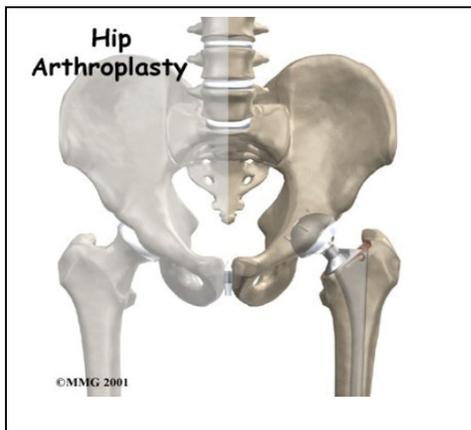
## General Information

### Frequently Asked Questions

Randolph Hospital wants you to be informed about your joint surgery. Please feel free to ask your surgeon or any member of your **Joint Program Team** if you have any other questions.

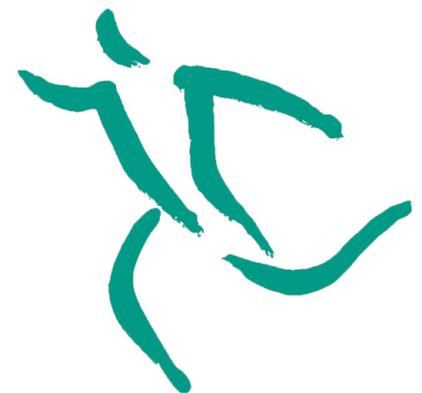
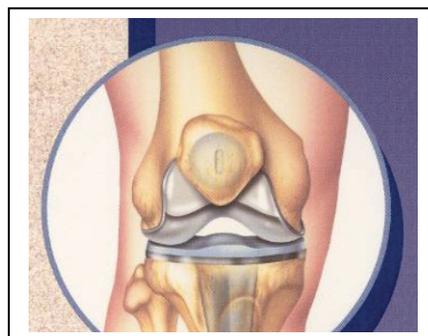
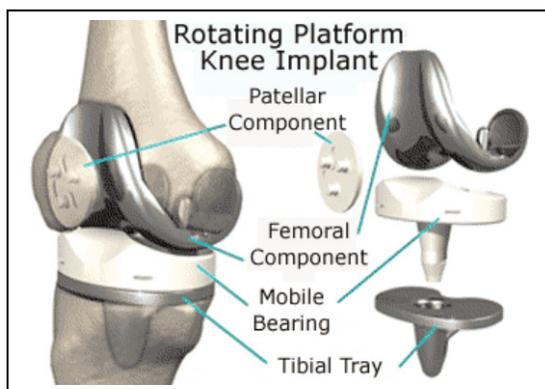
### What is Joint Replacement Surgery?

This type of surgery removes the joint that is causing you pain and replaces it with an artificial joint. These new parts are called the prosthesis. Your new joint is made from metal and plastic. There is a high success rate for people who have this type of surgery.



The goals of Joint Replacement Surgery are to:

- Decrease your pain
- Improve how you move
- Improve function of the joint



## General Information Frequently Asked Questions

### Why have Joint Replacement Surgery?

The most common reason is pain, which is often due to the wearing away of cartilage between your bones. Cartilage acts as a cushion to allow for smooth, pain-free movement. When the cartilage is worn away, the two bones begin to rub together and cause increased pain. This new surface creates a cushioning effect.

### How long will my new joint replacement last?

Most new joints last at least 5-10 years. This depends on each patient's age, weight, activity level and medical conditions.

### What are the risks?

The major risks of surgery include infection and blood clots. Taking antibiotics and blood thinners reduce these risks. There are special ways to lower the chances of infection in the operating room.

### How long will I be in the hospital?

Your stay in the hospital will be decided by your surgeon.

### Will I be asleep for the surgery and how long does surgery last?

Your surgery may include a nerve block and general anesthesia, which people refer to as "being put to sleep." The total surgery time usually lasts 2-3 hours.



## General Information

### Frequently Asked Questions

#### How long is the scar and where will it be?

The length of the scar depends on the type of surgery. If you are having your knee replaced, the scar will be located down the center of your knee. For hip surgery, the scar may be located on the side of your hip. Please speak with your physician for additional details.

#### What equipment will I need?

You will need a walker, cane or crutches for a few weeks based on your surgery results and your surgeon.

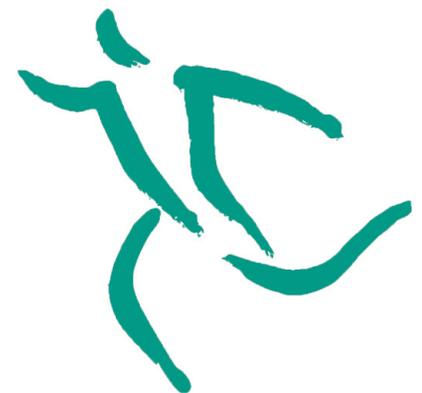
#### Other equipment you may need includes:

- three-in-one bedside commode
- tub bench
- shower chair
- grab bar
- elastic shoe laces

#### You will receive the following equipment during your therapy in the hospital:

- reacher
- sock aid
- long handled shoe horn
- long handled sponge

Your **Joint Program Team** will help you decide which items you need before you return home. We will train you on how to use any assistive equipment you may need for your safety and comfort. If you need to purchase equipment, we will assist you.



## General Information Frequently Asked Questions

### When will therapy begin?

- Physical and Occupational Therapy will begin the afternoon of surgery or the next morning. Your therapy will continue twice a day until you are out of the hospital.
- Physical and Occupational Therapy will continue after you leave the hospital based on your doctor's order.

### When can I return to normal activities?

Most activities will depend on your progress.

- **Driving** - Consult your surgeon.
- **Work** - Going back to work is based on the type of work you do, the progress you have made and what your surgeon says.

### After my surgery, how often will I need to visit my surgeon?

Your surgeon will schedule follow-up appointments with you. How often you will need to see your doctor is based on your progress. Typically a follow-up will occur two weeks after your surgery, but keep in mind that this may vary.



### Is there anything that I cannot do after my surgery?

Activities that may cause damage to your new joint should be avoided. These may include basketball, tennis, skiing or horseback riding.

## General Information

### Frequently Asked Questions

#### Will I notice anything different about my knee or hip?

Yes, many people have numbness around the area of their scar. Please talk with your surgeon to decide which changes are expected and which require a visit.

#### Can I have an MRI after my surgery?

Yes, please notify the people who are going to perform the MRI that you have a joint replacement.





## Surgery Process Getting Ready for Surgery

### Things to do now:

- Ask a family member or friend to be your Coach.
- Being overweight may delay your recovery. Lose weight if directed by your surgeon.
- Begin an exercise program, if your doctor agrees.
- Stop smoking, since every cigarette you smoke can slow your healing process by 24 hours.
- Stop or reduce alcohol use.
- Stop all recreational drug use.
- Discuss all your medications with your primary doctor. Include over-the-counter and herbal supplements. Your doctor may suggest you begin taking vitamins or iron before your surgery. Your doctor may also tell you to stop taking any medicines that may thin your blood, such as aspirin. **Fill out the chart on the next page.**
- Complete any dental work or other medical visits at least two weeks prior to surgery.
- Prepare your home for return. **See page 11-12.**



## Surgery Process Getting Ready for Surgery

### Patient Home Medication List

1. Please list all your medicines below.
2. Bring this form and your notebook with you to all your visits.
3. Include vitamins, supplements, herbs and any other over-the-counter medicines that you take.

Name of Medication	Dose	How many do you take?	How often do you take?	When do you take your medication?	Reason for Taking	Stop Date	Take Morning of surgery
Example: <i>Aspirin</i>	<i>81 mg</i>	<i>1 pill</i>	<i>once a day</i>	<i>morning</i>	<i>prevention</i>	Completed by pre admission nurse	



## Surgery Process

### Getting Ready for Surgery

#### Surgical Assessment

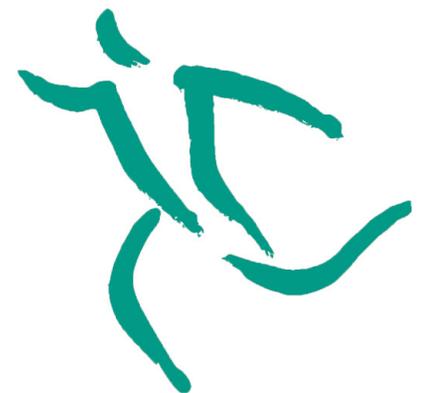
Your surgeon will tell you which tests you need prior to surgery. You will need to give blood and urine samples. You will need to see your primary doctor for medical clearance. These steps ensure you are healthy enough for surgery.

**Please bring the following with you to your medical visits and your joint education class:**

- This notebook
- Your coach
- A list of all your doctors
- A list of your allergies and your reactions
- Your health insurance cards
- Place all your current medicines, including over-the-counter products, in a bag and bring them with you on the morning of your surgery.

#### Insurance

- Contact your insurance company to find out what they require you to do before surgery. Some companies will require a pre-authorization. Find out what your insurance company will cover for your surgery. Ask about things like a walker, crutches, cane and shower seat to find out if these will be covered by insurance. Also ask about outpatient benefits for home health and rehab.
- You may be contacted by someone at the hospital to talk about your payments or responsibilities.



## Surgery Process Preparing Your Home for Your Return

Preparing for your surgery begins before you enter the hospital. Changes to your home may be needed to keep you safe when you return. It is easier to make these changes to your home before surgery. Here are some ideas to keep you safe.

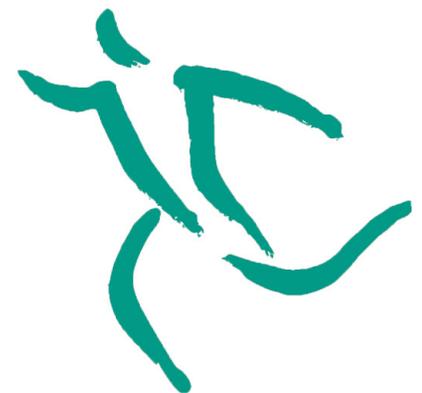
1. When you leave the hospital you will have achieved some degree of independence in walking with crutches or a walker, however, you will need help in your home for two weeks or until you have fully recovered.
2. Take a good look around your home. If you have steps inside or out, a handrail will make them safer. Grab bars placed in the bathroom can make showering and self care easier and safer. If you need a wheelchair, at least 27 to 30 inches is needed for it to fit through a doorway.
3. You will need a clear pathway for a walker, crutches or a wheelchair. You may have to move furniture and clear the area of throw rugs, cords, and toys.
4. Place nightlights from your bed to the bathroom.
5. Have a chair that is 18-19 inches off of the floor. It should have a firm seat and sturdy arm rests.
6. Have meals in your freezer that can easily be re-heated.
7. Be sure to have good walking shoes with rubber soles and shorts or pants that allow for plenty of movement and access to the surgical site.



## Surgery Process

### Preparing Your Home for Your Return

8. Ideally your bedroom should be on the first floor while you recover.
9. Pets around your feet can be a **SERIOUS** fall risk. It is best to let someone else care for your pets while you recover.
10. Try to keep a phone with you at all times. A walker bag, an apron, or a fanny pack are good to carry a phone in.
11. Regularly used items need to be an easy reach. You may need to move things around in your cabinets, closets and work area.



## Surgery Process The Day Before Surgery

Call your surgeon's office to confirm the arrival time for your surgery day.

### Preparing your body for surgery before going to the hospital

- **DO NOT** eat a heavy meal the night before surgery.
- **DO NOT** smoke or use any tobacco products for at least 12 hours before surgery.
- **DO NOT** drink any alcohol (including beer or wine) for 24 hours before surgery.
- **DO NOT** use any illegal substances for at least 24 hours before surgery.
- **DO NOT** eat or drink after midnight on the night before surgery.
- **DO NOT** shave at all on the day before surgery.

### Shower and cleansing instructions

1. Take a shower the night before surgery as directed by your surgeon. Towel dry your entire body.
2. After you shower, use the wipes that are given to you in your backpack. Use these to clean your entire body **ONLY FROM THE NECK DOWN**. **DO NOT** use the wipes near your eyes or ears.
3. After using the wipes, allow areas to air dry. **DO NOT** use any lotion, perfume or powder after using wipes.
4. Dress in fresh sleepwear and have fresh sheets on your bed.
5. Dress in fresh clothes to go to the hospital.

If you have an infected tooth, any open wounds, cuts, scratches, rashes, odd skin conditions, or any symptoms of other infections, it is important that you notify your surgeon immediately. Your surgeon may want to examine you before surgery.



## Surgery Process

### The Day of Surgery

#### Before you leave home

- Do NOT eat or drink anything. This includes your morning coffee, gum or candy.
- DO NOT shave at all on the day of surgery.
- DO NOT wear make-up or nail polish, jewelry, or anything metal in your hair. If you have long hair, put it up with a plain rubber band. Remove all piercings from your body.
- Wear fresh clothing that is loose fitting and easily removed.
- Brush your teeth and rinse with water, but DO NOT swallow the water.
- Only take medications that have been approved by your surgical team with a sip of water.

#### What to bring with you to the hospital?

- An official photo ID and your health insurance cards.
- Your Joint Program notebook including your completed medication list.
- Papers the surgeon has given to you to bring to the hospital.
- Advanced Directive, if you have one.
- Wear glasses if necessary to read and bring your glasses case. If you have contact lenses, bring container in which to place them.
- A case with your name on it for your personal items (hearing aid, eyeglasses, dentures, etc.)
- Comfortable rubber sole shoes.
- Comfortable loose fitting clothing to wear each day you are at Randolph Hospital. Knee patients should bring a pair of shorts.



## Surgery Process The Day of Surgery

### What not to bring to the hospital

- Cell phone
- Jewelry
- Pocketbook or billfold
- Valuables of any kind

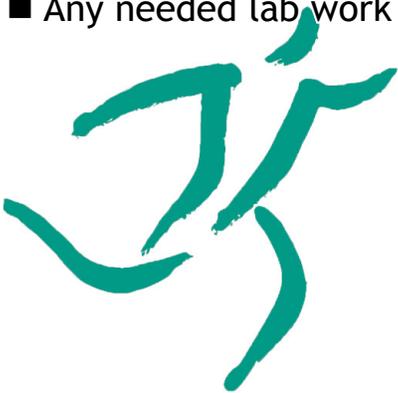
Please remember the hospital is not responsible for lost or misplaced belongings.

### Arrive at the hospital

- It is important to be on time the day of your surgery.
- Have someone drive you to the Randolph Hospital Outpatient Center located off of Miller Street. You will enter through the Outpatient Center for your procedure.
- Go to the Information Desk where you will be checked in.
- For your safety, you will be asked some questions to verify your full legal name and birth date, then given a patient ID band.

### While in Same Day Surgery

- You will need to change your clothes and put on a hospital gown. A bag will be provided for your belongings (such as glasses, hearing aids and teeth), and given to your family to keep.
- Your IV will be started and the nurse will make sure that all of your paperwork is in order.
- Any needed lab work will be done, then reviewed by your doctor and nurses.



- For your safety you will be asked the same questions more than once. This is to verify accuracy.
- Members of your surgical team will meet with you to discuss your care.

## Surgery Process

### The Day of Surgery

#### While in Same Day Surgery

##### *Continued*

- Your surgical team will discuss your anesthesia process with you.
- The surgeon will verify the site of your surgery and mark it with a skin marker before you are taken to the operating room. You will be taken to the operating room, allowing time for hugs and kisses from your family. Your family will be taken to the waiting room while you are in surgery. There are drinks and a TV available while they wait. There will be someone in the waiting room to help your loved ones if needed.

#### Going to the Operating Room

While lying on your bed, you will be taken through some doors and down a hallway to your operating room. You will notice that everyone from that point on will be wearing scrubs, masks, caps and gowns.

#### In the Operating Room

- You will be asked your full name, birth date and type of surgical procedure. This is a precaution used in every hospital for your safety.
- You will be asked to move onto another bed and may be assisted as needed. The operating room sometimes feels cold, so a warm blanket will be given to help.
- There will be several people in the room with you. A heart monitor, blood pressure cuff and other equipment that are used in surgery will be applied.
- A “Time Out”, which is a safety check list, will be performed by the surgical team.
- A representative from the joint equipment company may be present.



## Surgery Process

## The Day of Surgery

### Anesthesia in the Operating Room

- Your anesthesiologist may perform a nerve block to lessen your pain after surgery.
- Your surgical team will monitor your condition during your surgery.

### Recovery after surgery

- When your surgery is complete, the staff will wake you up and take you to a recovery room. You may not remember this.
- While you are in recovery your surgeon will speak to your family.
- A recovery room nurse will monitor your vital signs closely.
- If you have a knee replacement, a physical therapist will place your leg on a CPM (continuous passive motion) machine. This machine gently bends your knee to prevent stiffness in your joint.
- If you have a hip replacement, a special hip pillow may be placed between your legs to keep your legs in proper position.
- For either surgery, you should begin ankle pump exercises that you learned during Joint Education Class.
- After your stay in recovery (about 1 hour), you will be moved to your hospital room where your family and friends can join you.
- Physical Therapy will begin that afternoon or the next morning.
- Occupational Therapy will begin that afternoon or the next morning.
- The nursing staff will check your vital signs and help you change positions while you are in bed.
- A case manager will begin your discharge planning.



## Hospital Stay Equipment in Your Room

<b>IV</b>	Needle inserted into your vein where fluids & medicines are given.
<b>Hemovac</b>	Tubing placed at the incision area to drain and collect excessive fluid.
<b>PCA Pump</b>	Patient Controlled Analgesic Pump. You can push a button to give yourself pain medication when needed.
<b>Immobilizer</b>	For knee replacement, this brace will hold your leg in a stable position.
<b>Special Pillow</b>	For hip replacement, this will help you keep your legs in the desired position and remind you not to cross your legs.
<b>Compression Stocking</b>	Special stockings that provide compression to decrease the risk of blood clots.
<b>Compression Pump</b>	A pump that uses air to provide pressure to reduce the risk of blood clots.
<b>CPM</b>	Continuous Passive Motion machine is used for knee replacement to continuously bend and straighten your knee.
<b>Trapeze Bar</b>	An overhead bar you will use to move yourself in bed.
<b>Ice Cooler</b>	A pump that circulates ice water to your surgical knee to decrease pain and swelling.
<b>Incentive Spirometer</b>	A breathing device to increase the activity of your lungs.



## Hospital Stay After Surgery

While you are in the hospital, you will experience many different things for the first time. This section will help you know what will happen each day while you are in the hospital.

### During your post-op stay

- Lab work and testing may be performed daily.
- Your surgeon will come see you daily.
- You may have visitors, but this can not interfere with any activities planned for your therapy.
- Discharge planning is in progress.
- We will work with you to be prepared for discharge.



## Hospital Stay Pain Management

As with any surgery, it is important to remember you will experience pain. Once you recover from your surgery, you will experience a decrease in pain. We do our best to decrease surgical pain while you are in the hospital. We use various pain management techniques, including repositioning, cold therapy, medications and:

- **Patient Controlled Analgesic(PCA) Pump:** This may be in place after your surgery and will allow you to push a button to deliver pain medication when needed. A pump controls the dosage amount, so you do not have to worry about taking too much medication. The surgeon will decide when to discontinue the pump.
- **Nerve block:** This is only used for patients who have a knee replacement. An injection is given to alleviate pain for 12-24 hours after surgery. This injection is performed on the leg that you are having your knee replacement.
- **Oral pain medication:** In addition to the pain relief treatments listed above, you will have the option of taking pain pills. Once the PCA pump is removed, there are a variety of pain medications available. Your surgeon will select one that is most appropriate for you.
- **Side effects:** As with all medications, there are side effects to taking pain medication. Common side effects for pain medication include:

- |                           |               |
|---------------------------|---------------|
| 1. Constipation           | 5. Fatigue    |
| 2. Blood pressure changes | 6. Dry mouth  |
| 3. Nausea/vomiting        | 7. Rash/hives |
| 4. Itching                |               |



## Hospital Stay Planning for Your Discharge

There are several options for care when you are ready to leave the hospital. Before your surgery, you should consider each of these options. Be aware that these options will depend on your home situation, your post-op progress and your insurance. Your surgical team will help you through this process.

- You will need someone to stay with you for several days after you leave. This time will vary depending on your progress.
- Do you have a ride home? Remember that trucks, vans, or low sports cars may be difficult to get in and out of.
- Can you use a walker in your home?
- How many steps are there to get into your home?
- If your bedroom is upstairs, could you stay on the first floor for a couple of weeks?
- Is the bathroom nearby?

### For individuals returning home

You will go home with appropriate services. Your surgical team will set up home health and any equipment that may be needed.



## Hospital Stay Planning for Your Discharge

### Patients going home

#### Home Health

Home Health is a service you may need when you first return home. Services such as Physical and Occupational Therapy, nursing and a personal care aide can be set up based on your needs. A member of the home health staff will call you the day after you get home to set up a visit. Ideally, you will be seen by home health the day after you go home. They will determine the number of visits per week depending on your needs. The goal of home health is to get you to outpatient therapy as soon as possible.

#### Outpatient Therapy

In order to reach your goals, the program includes outpatient physical therapy. Outpatient therapy offers a variety of treatment options designed to speed your return to normal activities. You must have transportation to and from your outpatient therapy appointments.

### For patients not going home

- A stay at a skilled nursing facility may be needed. Your case manager will help with this.
- You will receive therapy at the facility based on your needs.
- Once you meet your goals you will work with your surgeon to decide on the next therapy level.
- Both home health and outpatient therapy will be options.



## Hospital Stay Planning for Your Discharge

Your insurance company decides many things about your care. You need to know what your insurance policy covers.

For example:

- The types of therapy you receive.
- The home health agency that provides your care.
- The number of home health visits you qualify for.
- Where you receive outpatient therapy.
- How long can you stay in a skilled nursing facility if you are unable to go home.
- You may want to tour more than one skilled nursing facility in case you are unable to go home.
- Your first choice of skilled nursing facility may not be available to you, so touring more than one will be in your best interest.
- Your case manager will help you with all these plans.



## Post Hospital Stay General Information

You will need to see your surgeon after you leave the hospital.

### What to expect

- Bruising on your legs
- Muscle soreness
- Difficulty sleeping
- Metallic taste in your mouth
- Decreased appetite
- Constipation
- Nausea
- Decreased energy

### Pain management

- Take your pain medicine as told by your surgeon.
- Plan to take your pain medicine 30 minutes before your therapy visit.
- Use ice to help with pain and swelling.

### Blood clots

- Your surgeon may have you take a blood thinner to reduce your risk for blood clots.
- You may have blood work once or twice a week if you are on a blood thinner.
- You may be told to wear special hose after surgery.



## Post Hospital Stay General Information

### Signs of a blood clot may include:

- Increased swelling, pain, tenderness and redness or red streaks.
- If you have any of these, contact your surgeon immediately.

### Pulmonary embolus

This can occur when a blood clot travels through your veins into your lungs. This is a **MEDICAL EMERGENCY**. You can help prevent this by checking for signs of blood clots.

### You should CALL 9-1-1 immediately if you have any of the signs below:

- Sudden pain in your chest
- Breathing that becomes rapid/difficult
- Shortness of breath
- Confusion
- Increased sweating

### Incision care

Your surgeon will give you instructions on the care of your incision and when you can shower. Do not take tub baths.

### Infection prevention

After surgery you may need to take antibiotics for dental care and some medical procedures. Please be sure to notify your dentist and all of your doctors about your joint replacement.



## Post Hospital Stay General Information

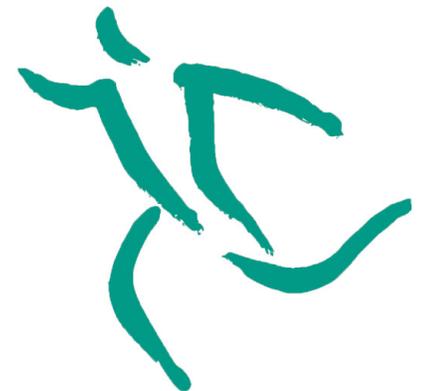
Notify your surgeon if you notice any of the following:

■ **Signs of infection such as:**

1. Swelling, warmth or redness around your incision site
2. Changes in drainage, such as color, amount and odor
3. Increase in pain
4. Fever greater than 100.5°F
5. Chills

■ **Side effects of blood thinner medications such as:**

1. Bloody stools
2. Increased stomach pain
4. Severe headaches
5. Abnormal bruising
6. Uncontrolled bleeding



## Post Hospital Stay Safety at Home

Once you return home after your surgery, you will need to make some changes to your daily routine. You may need to change the way you clean your home and perform other tasks. Below are some changes that you may need to make. For any items not listed, please contact your surgeon, physical or occupational therapist to ask specific questions.

- Stop and think before you act.
- Avoid falls by having all loose items cleared from the floor, such as cords, rugs, and other clutter. Be careful around pets.
- Plan for tasks that you are about to perform. Collect all items and put them within reach before you start the task.
- Do not get down on your hands and knees to clean your floors.
- Install nightlights in your bathroom, bedroom and hallways.
- Bathe or shower only if someone is in the house to assist you.
- Do wear appropriate shoes around the house. Avoid shoes that do not have a back.
- Do not attempt to lift heavy objects for the first few months. Your surgeon will tell you when it is safe to do so.
- Sit in chairs with arm rests, when available.
- Maintain the exercise program that you began with Physical & Occupational Therapy.
- Speak with your surgeon before beginning any high impact activity.



## Post Hospital Stay Joint Precautions

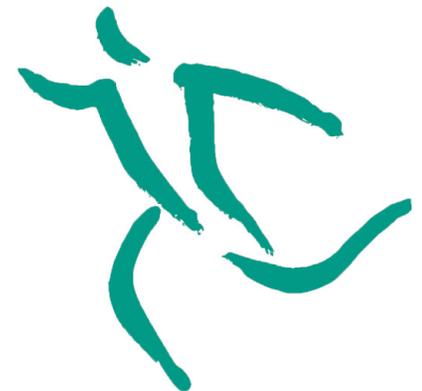
### Hip joint precautions

For the safety of your new hip, you should follow these precautions, especially during the first three months after surgery.

- **DO** use one or two pillows between your legs when sleeping, especially when you turn onto the non-operative side to rest. This will keep your surgery hip in a good position.
- **DO NOT** cross your surgery leg over your other leg.
- **DO NOT** turn your surgery leg inward, or allow knees to touch.
- **DO NOT** bend your surgery hip more than 90 degrees.

Also remember .....

- **DO NOT** pivot or twist on the surgery leg.
- **DO NOT** reach forward to the floor from a sitting position.
- **DO NOT** sit on low chairs or low toilets. It is important that you sit with your hips even with or higher than your knees. Also, use a bedside commode.
- **DO NOT** do any of the following activities until cleared by your surgeon:
  1. Return to work
  2. Drive a car
  3. Participate in sports
  4. Engage in sex
  5. Take a tub bath



## Post Hospital Stay Joint Precautions

### Knee joint precautions

For the safety of your new knee, you should follow these precautions, especially during the first four weeks after surgery.

- **DO** stay active. When your therapist says you are ready, you should take daily walks, increasing your distance as tolerated.
- **DO** use a cane or walker after your knee replacement if you need one.
- **DO** step with the surgery leg first.
- **DO NOT** place a pillow under your knee.
- **DO NOT** sit on low chairs. A chair with arms will allow you to get up and down easier.
- **DO NOT** turn or twist your knee for six to eight weeks.
- **DO NOT** sit longer than one hour at a time as this may make the muscles around your knee stiffen.
- **DO NOT** step until your walker is steady on the floor or ground.

■ **DO NOT** do any of the following activities until cleared by your surgeon:

1. Return to work
2. Drive a car
3. Participate in sports
4. Engage in sex
5. Take a tub bath



## Post Hospital Stay Activity Reminders

1. My weight bearing status on my RIGHT / LEFT leg is:

Weight bearing as tolerated

Partial weight bearing

Toe-Touch weight bearing

Non-weight bearing

2. I will use a \_\_\_\_\_ to walk until my surgeon or therapist advises me otherwise.

3. Try to walk every one to two hours. This includes trips to the bathroom or in the house.

4. Follow suggestions listed in your “A Guide to Daily Activities” pamphlet from your occupational therapist.

5. Your therapists will give you a home exercise program. **DO** only the exercises that have been assigned to you!

6. If any of your exercises cause sharp pain or concern - **STOP!** Notify your therapist.

Special Instructions \_\_\_\_\_

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