**Proposed objectives.**

The goals we set out for patients who have received a total knee prothesis are:

2. Increase their leg strength.
3. Decrease pain and inflammation of the operated joint.
4. Recovery of the patient enough to continue doing the usual activities of daily life.

**Recommendations For The Patient**

- Do not use a pillow under your knee (even if it decreases the pain); it could result in stiffness in the joint.

Wrong position

Right position.

- If the operated knee hurts or feels too hot, you can use an ice bag wrapped in a thin towel held above the joint. Do it during 10 minutes 3 or 4 times a day.

- Frequently change the position of the operated knee: alternate between positions.

- Get up and walk around every three hours with the aid prescribed by your doctor. (e.g., walking, stick)

Exercise that are detailed below. Try them 2 times in the morning and 2 other times in the afternoon.

**Exercises for the patient:**

- Flex and extend the ankles. You can perform this exercise sitting or lying down with feet slightly elevated. Do this exercise 20 times every hour and remember that this exercise will help to improve blood circulation in your legs.

Wrong position

- To exercise your quadriceps put a cushion under the heel of the operated leg. Then try to push down from the knee.

Wrong position

- Knee flexion and extension in a sitting position. Perform this exercise 10 times

Wrong position

- When the pain of the operated knee decreases, you can sit and try to improve the movement of flexion of the joint by pushing the other leg back. Do this exercise 10 times.

Wrong position

- When the pain improves you can increase the repetitions.

Wrong position
SURGICAL WOUND CARE:

The wound dressing should not be changed until the next outpatients review.

Go to an emergency room if any of this appears:

- Blood or pus in the wound.
- Fever higher than 38 degrees which does not disappear even using antipyretics.
- Acute pain which does not diminish with analgesia.