

Proposed objectives.

The goals we set out patient services and physical therapy for patients who have received a total knee prosthesis are:

1. Get useful and functional regain functional and useful movement in the knee.
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 a ice bag wrapped in a thing 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

sitting with your foot resting on the floor, sitting with her leg elevated (resting on a chair or stool) and lying.

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

Do exercises that are detailed below. Try them 2 tmes 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.



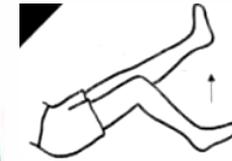
- ✚ To exercise your quadriceps put a cushion under the heel of the operated leg. Then try to push down from the knee.



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



- ✚ Lifting the esxtend leg. Perform this exercise while lying down, lifting the leg with the knee extended. Do this iexercise 10 times.



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



- ✚ 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.



- ✚ When the pain improves you can increase the repetitions.

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.

Folleto informativo realizado por
Unidad de rodilla
y
Unidad de rehabilitación
del
Hospital Costa del Sol



Carretera Nacional 340, Km 187
29600 Marbella (Málaga)
www.hcs.es



RECOMMENDATIONS Y HOME EXERCISES

PATIENT

INTERVENTION
OF
KNEE PROSTHESIS



Empresa Pública Hospital Costa del Sol
CONSEJERÍA DE SALUD