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METRO SPORTSMED®
Physical & Occupational Therapy

Total Knee Replacement

Total Knee Replacement surgery is one of the most common types of surgeries performed in America. **Immediate** post operative rehabilitation is vital to the long term outcome of this procedure. In this issue, the **METRO SPORTSMED®** Physical and Occupational Therapy Team will help you to better understand ways to return to an active lifestyle following this surgery.

Thank you for choosing us as your rehabilitation provider,

The **METRO SPORTSMED®** Team
www.metrosportsmed.com
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718.638.7677

METROFIT Health & Wellness Division

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Prospect Park Track Club Meeting

Date: Monday, May 4th

Time: 7:00-8:00 pm

Place: **METRO SPORTSMED** 263 7th Avenue Suite 2A, Bklyn, NY. For more information please contact: jsheinberg@metrosportsmed.com

Total Knee Replacement 101

Knee replacement is an elective surgery for people with severe knee damage or arthritis.

Knee replacements can relieve pain and allow you to be more active. If you suffer from knee pain and have tried medicine and other treatments which haven't helped, your doctor may recommend a knee replacement.

When you undergo a total knee replacement, the surgeon removes the damaged cartilage and bone from the surface of the arthritic knee joint and replaces them with a man-made surface of metal and plastic. Risks from the surgery include scarring, blood clots and, rarely, infections.



Before you go for the surgery ...

Prepare for your return home after surgery even before you head to the hospital, so you'll have less to worry about later. Here's what you need to keep in mind after surgery:

- Arrange for a family member or friend to be with you 24 hours a day for the first week to drive you, help you move around safely or to bring you your medications so that you don't have to get up.
- Bring any walking aids that you have, such as crutches or a walker, to the hospital with you so they'll be there for you when you need them.
- Make your home safe. Try to remove any objects that might be a fall hazard to you – clear the clutter from the walkways, get rid of any loose cords or throw rugs that you might trip on.
- Place as many must-have items as possible within easy reach, as bending, squatting and kneeling **should be avoided** after knee surgery.

Expect some discomfort /pain after surgery, it will subside over several weeks. The healing generally takes 3 months, and varies from person to person. During this time, the knee's range increases, pain decreases, and strength increases. This new joint will again be smooth and glide easily. Be cautious; even though the new knee may feel normal, it has its limits and motion should be increased gradually.

Take Care Of Your New Knee

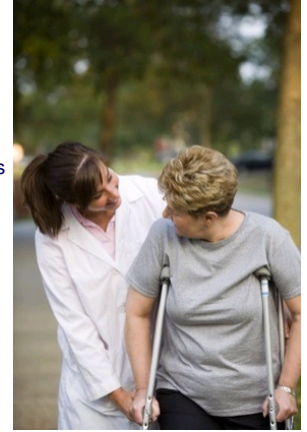
Be aware that after the replacement, it is very important to protect the surgery site and the replacement itself. Therefore, after surgery, the joint needs to gradually start bearing weight. Post operatively, you can expect to use a walker or crutches. Once able to put weight on the operated knee, you will gradually progress to using a cane. The rate at which you progress varies from one individual to another, depending on their healing rate. On average, people use a cane after only 6 weeks.

It is strongly recommended not to drive for 6 weeks following the surgery. However, if there is good healing and good knee control, the surgeon may clear you for driving earlier.

The Importance Of Exercise After Knee Replacement

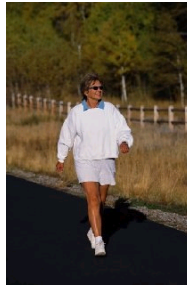
Shortly after surgery, a **METRO SPORTSMED®** physical therapist works on:

- **Circulation** - At this point in the recovery, moving the ankles up and down to promote circulation and prevent clots. These exercises are often called ankle pumps.
- **Range of motion** - In order to aid the healing process, your doctor may prescribe a continuous passive motion (CPM) machine. This machine supports the operated leg and slowly bends and straightens the knee. This helps prevent stiffening and reduces postoperative scarring. It is not uncommon for a patient to wake up after surgery and find their leg in the CPM machine.
- **Mild muscle strengthening exercises** - Once swelling has decreased and range of motion is improving, gentle strengthening is added to promote muscle activity and decrease muscle loss, which can occur with inactivity.
- **Gait training** - It's almost like learning to walk again – only with the new knee. A **METRO SPORTSMED®** physical therapist will help you to walk using crutches or a walker. This not only promotes the ability to bend and strengthen the knee but is also increases endurance and stamina.



A WORD OF CAUTION:

It is very important to follow the weight-bearing limitations on your new knee as mentioned by your doctor.



Exercising the knee and leg muscles following surgery is extremely important to the success of the total knee replacement. The exercises provided by your **METRO SPORTSMED®** physical therapist are designed to help quickly regain motion in the knee following surgery, prevent muscle loss (which is inevitable after surgery), rebuild the muscle strength and prevent stiffness of the new knee joint. It is important therefore, to carefully follow the rehabilitation instructions given by a **METRO SPORTSMED®** Physical Therapist.

Feel free to call our office today to schedule an appointment to ensure a successful recovery after your knee replacement surgery.

There is no time like the present to gain control of your health.

Contact us at 718 METRO SPORTSMED (718 638 7677) or visit us @ www.metrosportsmed.com

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