



Knee Replacement Surgery

is an intensive surgery that replaces the surfaces of your knee joint in order to take away pain and improve your quality of life. The first few months following a knee replacement are crucial in order to maximize your knee joint motion and strength. In order to avoid excessive scar tissue buildup, **you must keep your knee moving!** This is why most surgeons want you to start physical therapy the day after surgery.

C Range of Motion

By your **Week 2** follow up with surgeon:
90 degrees of bending and fully straight
Your bandage will be removed

By your **Week 6** follow up with surgeon:
Maintain full extension
110-120 degrees of bending

Goal by the end of physical therapy:
Maintain full extension
Over 120 degrees of bending

Swelling: Swelling in your knee and lower leg is normal and can last up to 6-12 months following surgery. It is recommended that you frequently ice and elevate your leg to help reduce swelling.

Elevation: When elevating your leg for swelling control, you need to make sure that your leg is higher than the level of your heart. You can put pillows under your heel to achieve this, but make sure that your knee is straight. You should not rest with your knee in flexion.

Bruising: Bruising in your ankle/knee/thigh is common immediately after surgery due to increased swelling and blood flow to the area.

Neural symptoms/numbness: Numbness and altered sensation is also common after knee replacement surgery. This is caused by trauma from the surgical process including the cutting of the incision and moving of the nerves and soft tissue that surround the knee joint.

Step/stair negotiation with cane and walker: Immediately after surgery, you will want to use a walker to take the pressure off of your knee. After a few days, it is recommended to switch to using a cane for walking to avoid reliance on the walker.

- When navigating stairs, you will want to use a handrail and you will go up stairs leading with your non-surgical leg, and you will go down stairs leading with your surgical leg. Your cane should follow your non-surgical leg. (Remember: Up with the good and down with the bad)

When to call surgeon / red flag signs:

You should call your surgeon or report to your local emergency room if you have the following symptoms:

1. Difficulty breathing
2. Shortness of breath
3. Pain, redness, or swelling in the calf
4. Fever and achiness
5. Foul-smelling or green/yellow colored discharge from your incision

Thank you for choosing and trusting 3DPT for your physical therapy

Dedication. Drive. Difference.