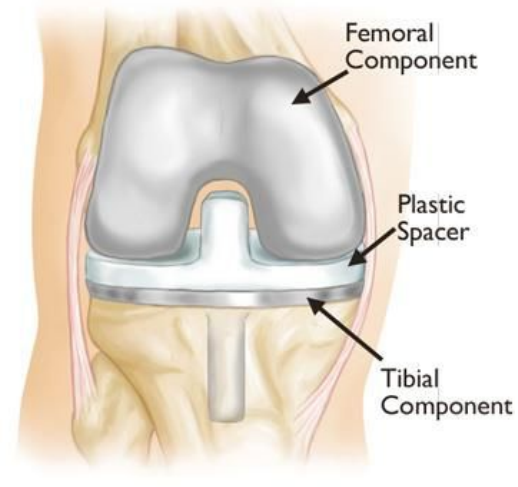
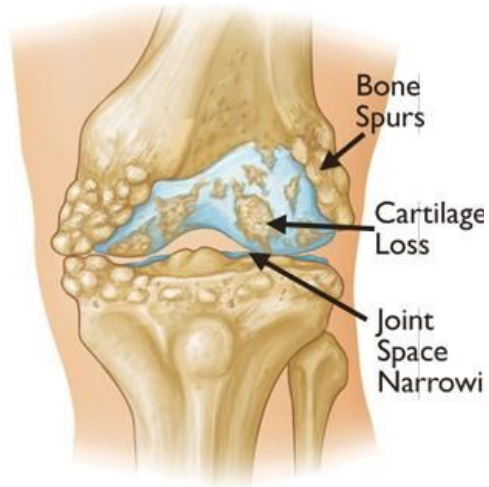
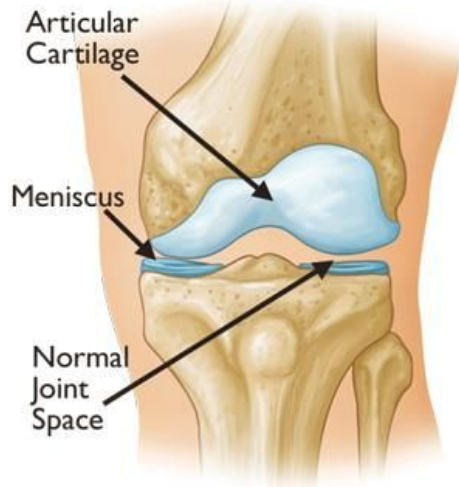


OPWALK HONDURAS 2023

Preoperative Joint Class

Andrea Moreno, PTA
Carlie Turman, DPT
Heather Osborne, DPT
Sarah Mathis, DPT

TOTAL KNEE REPLACEMENT



Healthy knee versus Osteoarthritic knee

Damaged knee with example of new components

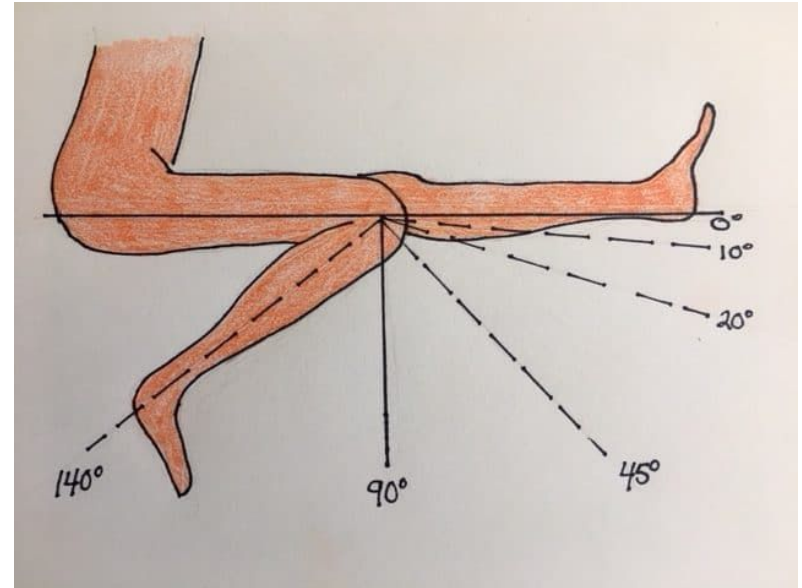
Images from <https://orthoinfo.aaos.org/en/treatment/total-knee-replacement/>

ROLE OF PHYSICAL THERAPY IN YOUR RECOVERY

- Review weightbearing precautions
- Range of motion exercises
- Positioning of the knee
- Early mobility (walking, stairs, on/off toilet, on/off chair)
- Assistive device training
- Fall prevention
- Monitoring post operative symptoms
- Pain management
- Prevention of Pneumonia and Blood clots

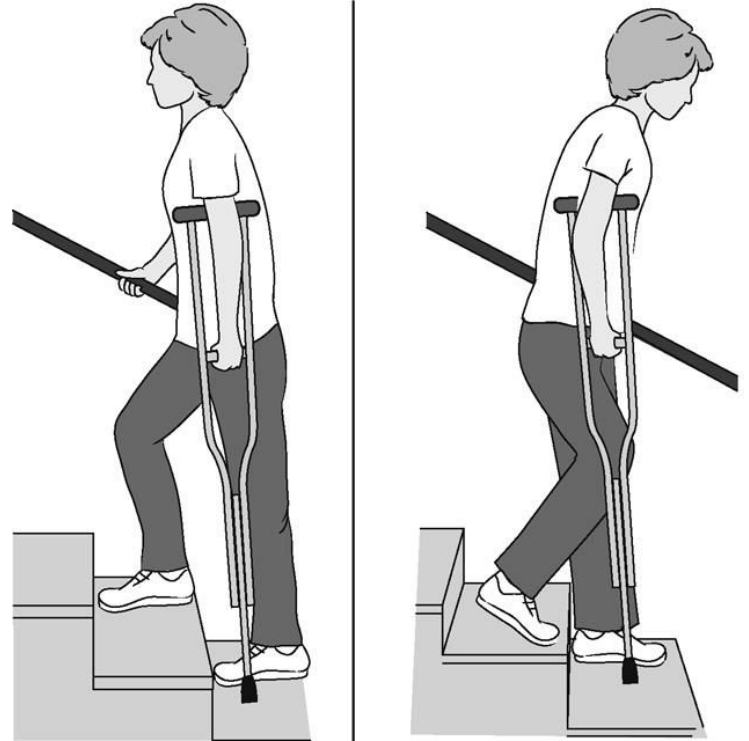
RANGE OF MOTION

- Goal: Full Range of Motion
- Emphasis on regaining knee extension early on
- Accomplished by:
 - Exercises
 - Positioning:
 - Towel roll under heel
 - Avoiding: pillow under knee



EARLY MOBILITY

- Bed mobility
- Sit to stand from bed/chair
- Transfer
- Walking short distances to tolerance
 - Restoring normal gait mechanics
- Stairs as needed to get in/out of home



ASSISTIVE DEVICE TRAINING

- We will teach you how to use a rolling walker/crutch/cane
- On average, you will use your device for 1-2 weeks
- Utilize two hands to support self for 1-2 weeks and then you can begin trialing with 1 handed device.
- Device should be used on OPPOSITE side of surgery.



PREVENTING FALLS

- With a new surgery, you are at risk for falling
- Use your assistive device
- Know the limits of your balance and strength
- Don't be afraid to ask for help when getting up as needed
- Adequate food intake and hydration
- Communicate about your symptoms with staff



MONITORING POST OP SYMPTOMS

- Moderate pain and swelling is to be expected.
- For edema control:
 - Ice, 3-5x a day for 20min at a time
 - Elevation
 - Walking
- Dizziness:
 - Hydration
 - Move slowly
 - Deep breathing
 - Lay down if it doesn't pass
- Nausea:
 - Notify nurse
- RED FLAG signs: chest pain, shortness of breath

TAKEAWAY TIPS

- Walk 1x/hour during the day
- Listen to your body if you feel tired, rest when needed but your goal is to be up and active.
- Perform your exercises 3x/day (do not overdo it)
- Change your positions frequently: laying down, sitting, walking

EXERCISES

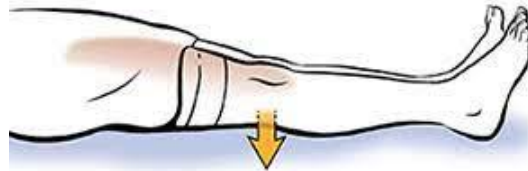
1. Ankle pumps



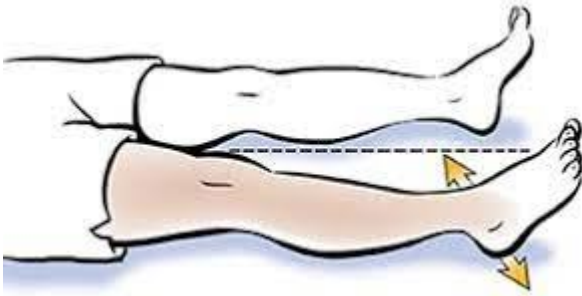
2. Glut Sets



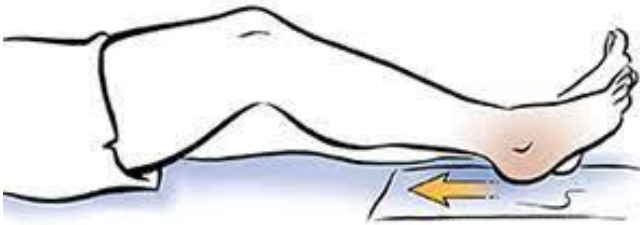
3. Quad Sets



4. Hip abduction



5. Heel slides



6. Straight Leg Raise



7. Short Arc Quad



SEATED EXERCISES

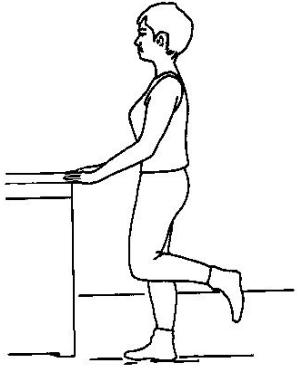
8. Knee Flexion

9. Knee Extension
(Long Arc Quad)

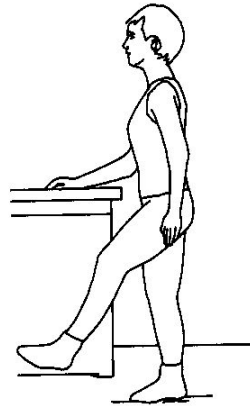


STANDING EXERCISES

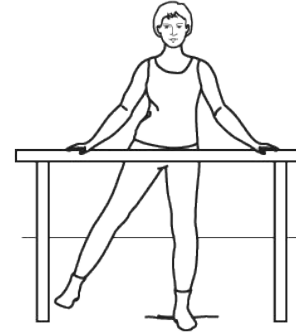
10. Knee flexion



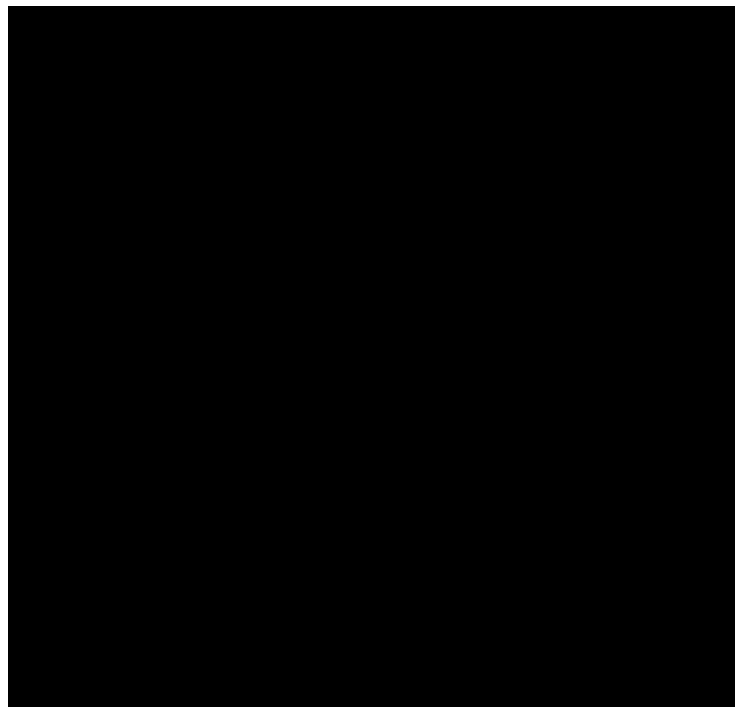
11. Hip flexion



12. Hip abduction



VIDEOS OF GAIT FOR REFERENCE



VIDEOS OF CURB STEP FOR REFERENCE



LET'S PRACTICE THE EXERCISES!

WE ARE CHEERING YOU ON!

LOVE, YOUR PHYSICAL
THERAPY TEAM

EMAIL US WITH FEEDBACK

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