



KNEE REPLACEMENT REHAB

Days 0 to 14

Post-op recovery

Immediate post-surgery care is about wound healing and swelling management. You will be staying in hospital 1-2 nights for pain relief. On discharge, you will have a waterproof dressing on. You will be allowed to weight bear as tolerated with the help of crutches.

Leave your waterproof dressings on until your review in clinic in 10-14 days post-surgery. You can shower with your waterproof dressings on.

Contact my team if you have any concerns about your wound or to confirm your appointment time.

Exercises

- Knee straightening – ensure your knee comes out straight
- Knee bends – aim to bend your knee past 90 degrees
- Quadriceps activation

Weeks 2 onwards

Continue with knee range of motion and commence quadriceps strengthening exercises. Once your knee bends past 90 degrees, time on **stationary bike** is recommended. You can come off crutches between Weeks 4 and 6, as you get more comfortable walking. You can **drive** as soon as you are off your crutches. Be guided by your knee swelling in terms of exercise / walking progression.

You can consider returning to desk duties if clearance given around 6 weeks, and light duties at 8-10 weeks post surgery.

3 months onwards

At this stage, return to manual labour / heavy duties will depend on the exact demands of your work and this can be discussed with your surgeon.