

Recovery:

Following a total knee replacement there is often swelling of the knee; this may take many months to resolve, and is normal. However, if you experience any calf swelling with pain (in the calf), contact your General Practitioner.

Mobility:

Progress to Full Weight Bearing (FWB) when you feel comfortable to do so.

Exercise:

Continue with your exercises as instructed by your physiotherapist, to increase your muscle strength. (Some of these should be continued for life!)

Progress your walking distance as you feel comfortable.

Stairs:

Progress as you feel comfortable and as weight bearing allows.

Housework:

Increase the amount of housework that you carry out over the next few months. Only kneel if comfortable to do so.



Driving:

Begin driving when you are comfortable to do so. You must be able to safely perform an emergency stop and change gear comfortably.

Sleeping:

You can lie on either side as long as it is comfortable. You may wish to put a pillow between your knees. It is important NOT to sleep with a pillow under your leg as it is advised to keep your leg straight while you rest.

Dental Care:

Please remind your dentist that you have a joint replacement. You may require antibiotic cover for some invasive procedures.

Restrictions:

After 12 weeks, the aids supplied by the OT department can be returned.

Sport / Leisure:

Most sporting activities can be resumed after 3-6 months, depending on comfort and level of competition.

- Low impact sports are no problem e.g. swimming (breast stroke after 3 months), cycling, doubles tennis, gym work after instruction, golf.

- High impact sports are not recommended and therefore participate at your own risk e.g. jogging, singles tennis, squash, jumping activities, football.

- You should only ski if you are an experienced skier.

- Gardening should be undertaken with care. If possible, use a stool to sit on.

- Manual jobs are likely to wear out the prostheses/implants more quickly than sedentary jobs.

- Your hip replacement/resurfacing will probably not be detected at airport x-ray machines.