



Post-Op

Recovery after your
knee replacement
surgery



Your New Knee Replacement

After your total knee replacement, it is important to know and understand what the expectations are during your recovery. The success of your knee replacement is dependent upon how well you follow your surgeon's instructions and how committed you are to achieving your rehabilitation goals. This brochure will help you understand post-operative rehabilitation and recovery with your Ortho Development[®] knee replacement.

Post-Surgery Rehabilitation Timeline

The recovery and rehabilitation process plays a crucial role in helping you resume an active, pain-free lifestyle. Within the first 24 hours after surgery, a physical therapist will monitor the strength and flexibility in your knee and will provide a therapy program for you to complete in the hospital and at home. It is important for you to be committed to your recovery and rehabilitation goals as your commitment during this process can greatly improve your long-term success.



1-2 Weeks

The first two weeks after surgery are critical in the rehabilitation process and include a strong emphasis on motion, activity, and swelling control.

- Range of motion 0-100 degrees
- Safe walking with an assistive device such as a cane or crutches
- Stationary cycling
- Control swelling with **R.I.C.E.**



3-6 Weeks

- Safe walking with use of a cane
- Increase knee strength by continuing your physical therapy and exercise program
- Range of motion 0-120 degrees
- Decreased inflammation and swelling



REST

Stop and rest if you feel excessive pain while exercising

ICE

Use an ice pack on the front and back of your knee

COMPRESSION

Wear a compression stocking to decrease swelling

ELEVATION

Elevate the knee on pillows above the level of your heart

During the early stages of rehabilitation, exercise may be recommended 2-3 times a day. A gradual return to everyday activities in conjunction with exercise can help restore normal knee motion and function after your knee replacement. To evaluate your progress, your surgeon may set a follow-up schedule for the first year after surgery.

The rehabilitation timeline below outlines your anticipated goals after surgery. Consult with your surgeon about which activities to avoid.



2-4 Months

- Safe walking on uneven surfaces with use of a cane
- Safe walking on a level surface without an assistive device
- Ability to ascend and descend stairs independently
- Return to normal daily activities
- Decreased pain and stiffness

6 Months-1 Year

- Stay active with exercise and low-impact activities
- Continue to improve muscular strength and endurance
- No pain or swelling with joint movement
- Maintain a healthy weight
- Complete follow-up appointments to track progress

Frequently Asked Questions

Q: How long will my knee replacement last?

A: Most knee implants last an average of 20 years. The implant may loosen or experience wear based upon the lifestyle of the patient and the demands on the implanted joint.

Q: Will my knee replacement set off metal detectors?

A: It is unlikely, but possible, that your knee replacement will set off a metal detector. To take precaution, alert the appropriate security staff that you have a knee replacement.

Q: Do I need to take precautions to protect my knee replacement?

A: To protect and extend the life of your knee replacement it is recommended to:

- Participate in light exercise to maintain strength and mobility
 - Avoid falls and injuries
 - Do not complete dental work within the first three months after surgery
 - Alert all doctors, including your dentist, that you have a total knee replacement
 - Complete routine follow-up examinations with your healthcare provider
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Q: Can I have an MRI after my knee replacement surgery?

A: An MRI (magnetic resonance imaging) is a diagnostic tool that can be used for many types of medical conditions, including orthopedic problems. After you have completed your knee replacement surgery you will not be able to have a clear MRI of your new knee implant. If an MRI is needed, you can have an MRI completed on other parts of your body but you will want to be sure to alert the MRI personnel about your knee implant.

Q: What type of exercises/activities should I avoid after my knee replacement?

A: It is best to avoid any exercise that will cause impact to your joint replacement. Consult your surgeon to determine which activities you should avoid, and if you can introduce new exercises or activities during your rehabilitation period.

About Ortho Development

Ortho Development, the manufacturer of your implant, is passionate about making the best, clinically proven, high-performance orthopedic devices in the world. All of our implants are designed and manufactured with pride in the United States using the most advanced materials and technologies available, and with a strong commitment to quality. For over 20 years, Ortho Development has been dedicated to improving lives and strives to provide the best customer experience in orthopedics. We think that you will notice the Ortho Development difference.

Disclaimer:

The information presented in this brochure is for educational purposes only. The information does not replace the advice or counsel of a doctor or health care professional. Ortho Development assumes no liability related to your decision to pursue joint replacement surgery based upon any information provided here. Ortho Development strives to provide information that is accurate, timely, and complete however Ortho Development does not make any guarantee in this regard. Always consult your doctor or health care professional for medical advice, diagnosis, or decisions. Each patient will experience a different post-operative activity level based upon his or her individual circumstances. Your doctor will counsel you about how to best maintain your activity level to help prolong the lifetime of the device. The lifetime of a joint replacement device is not infinite and varies based upon each individual.

Sources:

1. "Total Knee Replacement." AAOS.org, December 2011. Web. 30 July 2014.



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