

# Total Knee Replacement (TKR) Group

Physiotherapy & Occupational Therapy

## Introduction

### Who is this leaflet for?

This leaflet is for patients who have had knee replacement surgery and who are joining the group exercise class.

### What is this leaflet about?

As well as general advice for your recovery, this leaflet gives you more information about our TKR group.

### What is the TKR Group (Total Knee Replacement Group)?

This is a group exercise class where you can continue to strengthen your knee and improve its range of movement. The aim is to get you back to your normal everyday activities.

### Where is the group held?

The TKR session is held in:

Physiotherapy Gym, Level 1  
**Cannock Chase Hospital**  
Brunswick Road  
Cannock WS11 5XY

OR

Outpatient Physiotherapy Department  
**Wolverhampton Swimming and Fitness Centre**  
Planetary Road  
Wednesfield  
Wolverhampton  
West Midlands  
WV13 3SW

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

## How many people are in the group?

There will be a maximum of 8 attendees.

## Can I bring anyone with me?

Of course you may need someone to escort / drive you. Sadly there is no seating for spectators in the gym, but they could wait in the physiotherapy waiting room or reception.

## How long does the session last?

The session takes 1 hour to complete.

## How often will I have to attend?

This will depend on your progress and will vary from one person to another.

The average attendance is 4-6 sessions over a period of 6-12 weeks.

If you are unwell or unable to attend, please let us know as soon as possible so that someone else can have your place.

If you do not contact us 24 hours beforehand you may be discharged from the group as per hospital policy.

## What do I need to wear?

Please wear appropriate clothing – preferably shorts, so that we can see your knee without the need for you to get undressed.

Trainers would be ideal footwear; otherwise any flat supportive shoe would be appropriate.

## Do I need to bring anything else?

Water will be provided.

Please bring any essential medication you may require, for example inhalers or GTN spray, otherwise there is nothing specific you need to bring.

## What will I be doing?

After a warm up of about 5 minutes to prepare your muscles for exercise you will be doing a number of exercises in sequence (this is also known as 'circuit training'). These follow on from the exercises that you have been given already.

There will be a physiotherapist present who will monitor you and check your progress.

You should continue with these exercises at home – your physiotherapist will tell you how often and how long for.

There may be a need to focus on a particular aspect of your rehabilitation, and if this is the case your physiotherapist will discuss this with you.

**Below are important exercises that you should be doing to improve strength and flexibility.**

All images courtesy of PhysioTools Ltd®

**To strengthen your knee:**



Lying on your back or sitting with legs stretched out in front of you. Put a cushion under the operated knee, and bend your other leg.

Exercise your operated leg by pulling your foot and toes up, tightening your thigh muscle and straightening the knee (keep knee on the cushion).

Hold approx. 5 seconds and slowly relax.

Repeat 10 times, 3 times per day.



#### **To straighten your knee:**

Sit on a chair. Put one leg in front of the other with your operated knee straight.

Lean forward from your waist keeping your back straight.

Feel the stretch behind your knee.

Hold 30 seconds.

Repeat 5 times, 3 times per day.

#### **To increase knee bend:**



Sitting with your legs stretched in front of you. Put a towel around your foot.

Bend your knee as far as possible. Gently pull the towel to bend your knee a little more.

Hold 5 seconds.

Repeat 10 times 3 x day.

## **What about pain or stiffness after my operation?**

While your muscles are healing it is perfectly normal to have some discomfort in your knee. This may be due to muscle spasm or just the trauma of the surgery. Some people experience pain in their thigh and even ankle. This is called "referred pain" and occurs due to the stresses put on the muscles and ligaments. Whilst you are in hospital you will be prescribed painkillers. It is important to take these as suffering from pain can slow down your recovery.

It is important to continue your exercises to improve the flexibility and strength of your knee, giving your knee more stability. It is also important to walk daily with gradual increase in distance and time to improve your walking pattern and stamina. You can discuss with the therapist how to build up the distance depending on your individual walking goals. Also periods of rest during the day allow the muscles and ligaments to recuperate, ready for the next activity.

If your pain levels concern you once you are at home, then please contact your GP to discuss this.

## **What can I do to get comfortable for sleeping?**

A knee replacement is a major operation and you may find you tire quite easily after the operation. It is important to rest when your body tells you it is tired.

Finding a good position to sleep in can be quite tricky. Please do not put a pillow underneath your knee as this will cause stiffness in the joint and make it more difficult to move. It may also restrict blood flow behind the knee.

## What else can I do to help my recovery?

Give yourself a goal to achieve every day, whether it's walking further, being out of bed longer or adding a few more repetitions of your exercises. This will motivate you to get better, loosen up your leg and help reduce the amount of stiffness you have first thing in the morning.

Try to change your position at least every half hour, especially when sitting and until your wound has healed. Rest assured that your knee will continue to heal and progress over the next six to twelve months before really feeling like your own natural knee.

## When can I return to work?

When you can return to work will be dependent on the type of job you do - you will need to discuss this with your consultant.

## What should I do if I have any questions or queries about the group?

If you have any queries or concerns about the group you should speak to your physiotherapist.

## Contact details

### **For Cannock Chase Hospital:**

Physiotherapy Department, Cannock Chase Hospital

Tel : 01543 576938

### **For New Cross Hospital:**

Physiotherapy Department, Whitmore Reans Heath Centre

01922 695666

Hours available: 8:00am – 4:30pm

In the rare event that you require advice outside of normal working hours you should contact the ward from which you were discharged.

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。