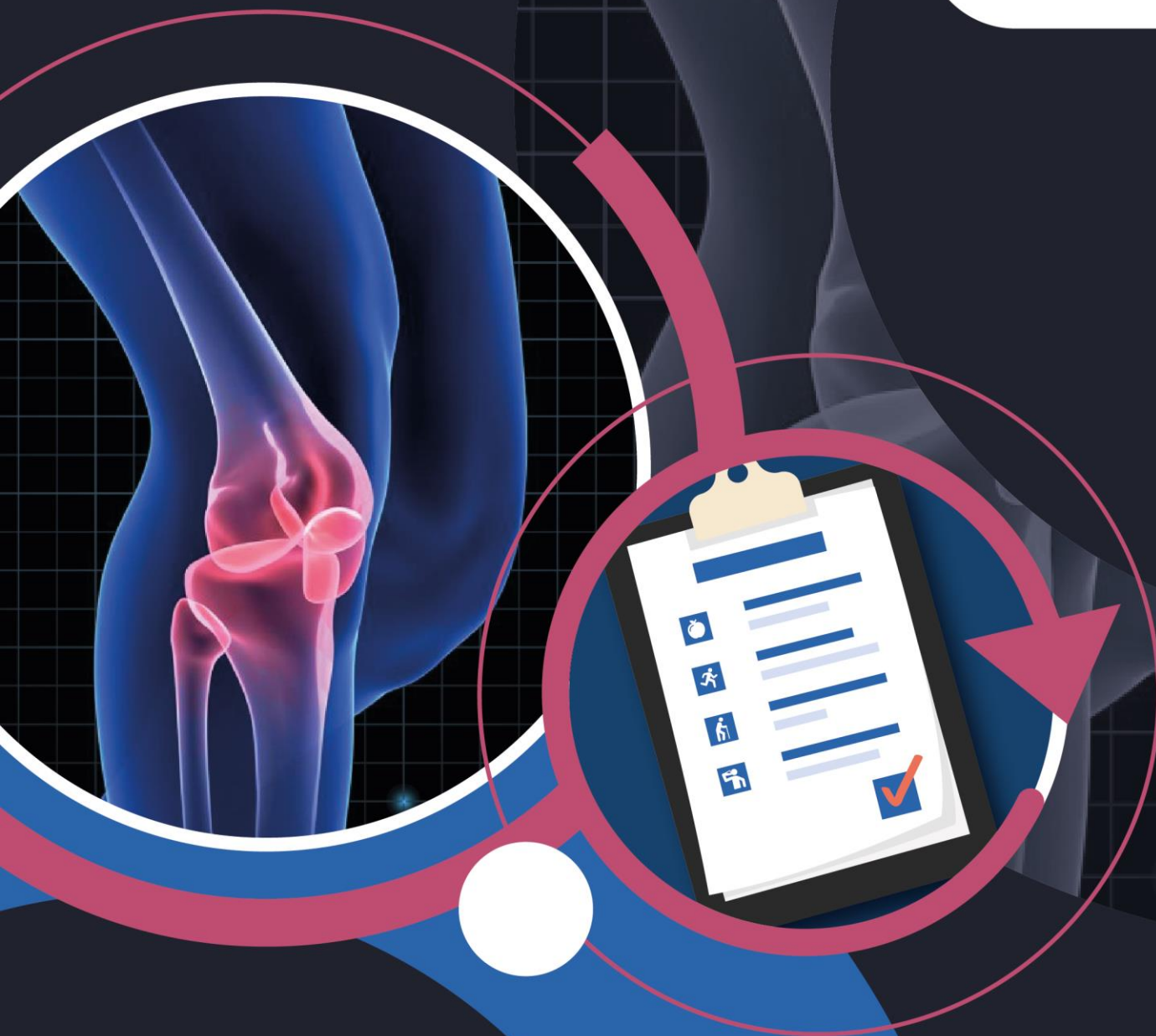


Knee REPLACEMENT



Récupération améliorée après la chirurgie



Bring this booklet with you
on the day of your surgery

Québec 

Knee replacement

Centre hospitalier régional du Grand-Portage
Adapted for the Enhanced Recovery After Surgery Program

This booklet was developed by physiotherapists at CISSS du Bas-Saint-Laurent, secteur ouest (2022).

It's based on a clinical pathway developed by the Hip and Knee Arthroplasty Working Group of Enhanced Recovery Canada and the McGill University Health Centre Patient Education Office.

Written by:

- François Levasseur, Nurse Clinician, ERAS Program Respondent, DPSPC, CISSS du Bas-Saint-Laurent

CISSS du Bas-Saint-Laurent professionals who helped write the booklet:

- Élisabeth Lavoie, Physiotherapy Technologist (Rivière-du-Loup)
- Anne-Christine Cloutier, Assistant Manager, Physiotherapy (La Matanie)
- Katia Hébert, Assistant Manager, Physiotherapy (Rimouski-Neigette)
- Mélanie Chénard, Nurse Clinician, Preoperative Clinic (Rivière-du-Loup)
- Manon Caron, Nurse Clinician, Assistant Head, Preoperative Clinic and Day Surgery (Rimouski-Neigette)
- Mélanie Gauthier, Nurse Clinician, Preoperative Clinic (La Matanie)
- Mélissa Lavoie, Administration Technician (DPSPC)

CISSS du Bas-Saint-Laurent professionals who helped validate the content:

- Marie-Claude Bourguignon, Physiotherapy (Rivière-du-Loup)
- Marie-Claude Daris, Nurse Clinician, Assistant Head, Surgery Unit (Rivière-du-Loup)
- Alison Tremblay Wood, Physiotherapy Technologist (La Matanie)
- Stéphanie Dallaire, Nurse Clinician, Home Support (La Mitis)
- Nathalie Leclerc, Nurse Clinician, Home Support (Rimouski-Neigette)
- Fabienne Saindon, Occupational Therapist (Rivière-du-Loup)

We would also like to express our deepest gratitude to our patient partners, who graciously agreed to help validate the content.

Last update: July 2024
DPSPC-DE-059

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You've just been informed that you'll be admitted to:

- Centre hospitalier régional du Grand-Portage
- Hôpital régional de Rimouski
- Hôpital de Matane

To undergo knee surgery for joint degeneration (arthrosis).

You probably have many questions:

- What is this disease?
- What does the surgery involve?
- What kind of outcome can I expect after surgery?

This document answers the most common questions asked by patients.

Studies show that following the recommendations in this booklet will help you recover faster. These include guidelines on diet, exercise and pain management. They will help you feel better faster and get home sooner.

Bring this booklet with you on the day of the surgery.

Use it as a guide at the hospital and when you go home after your discharge. Staff may refer to it as you recover, and review it with you before you go home. We also invite you to visit Precare (<https://precare.ca/en/>), where you can watch videos to prepare for your surgery. Click on "Healthcare Guides," then on "Orthopedics" and "Knee Surgery (ERAS)," or scan this QR code:



Having surgery can be stressful for patients and their families. The good news is that you're not alone. We will support you each step of the way. Please ask us if you have questions about your care.

Signed: Your CISSS du Bas-Saint-Laurent surgery team

Introduction

What is the knee joint?

The knee joint works like a hinge.

The knee joint is made up of the:

- Femur (thighbone)
- Tibia (leg bone)
- Patella (kneecap)

The joint surfaces are covered with cartilage, reducing friction during knee flexion and extension. Knee stability is dependent on the condition of the ligaments and muscles.

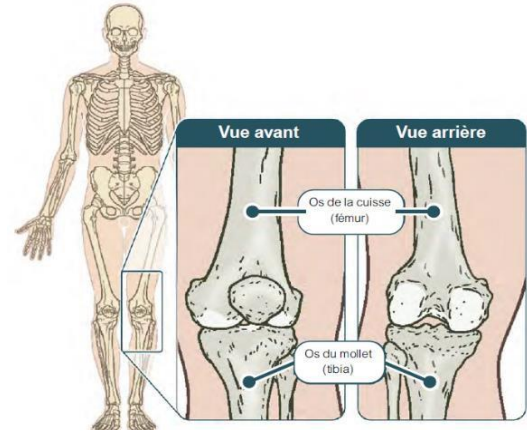


Figure 1. The Knee Joint.
Source: McGill University Health Centre (2023).
Guide

When the cartilage is damaged, the surfaces are rough and don't slide smoothly against each other, leading to pain, stiffness and inflammation. This is called joint degeneration or arthritis.

What is knee replacement surgery?

Total knee replacement is a surgical technique that involves removing the damaged parts of your knee and replacing them with artificial implants made of polyethylene (plastic and metal), which are attached to the bone.

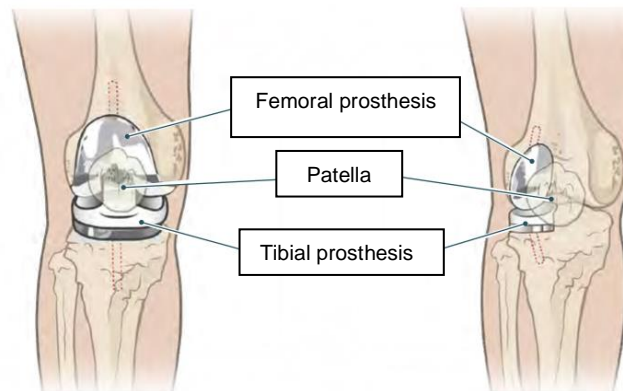


Figure 2. What is Knee Replacement Surgery?
Source: McGill University Health Centre (2023). A Guide to Knee Replacement Surgery.

The prosthesis is designed to fit your body. Measurements are taken to ensure the right dimensions. The goal of this surgery is to reduce your pain and increase your mobility.

Before the surgery

1- Healthy lifestyle habits

Before the surgery, we strongly recommend that you adopt the following healthy lifestyle habits:



Stay hydrated

Drink 6 to 8 glasses of water a day



Eat well

Have 3 meals and 2 snacks a day.
Prioritize balanced meals with protein, fibre, vegetables, fruit and whole grains.



Be active

Engage in daily physical activity.



Stop smoking and vaping

At least 4 weeks before the surgery
Consult the available resources (I QUIT hotline and smoking cessation centres)



Stop drinking alcohol

At least 24 hours before the surgery.

Stop taking drugs

For more information on these recommendations and the resources at your disposal, visit <https://www.ciass-bsl.gouv.qc.ca/> or ask your preoperative clinic nurse.

2- Assessment and instructions at the preoperative clinic

The reason for this visit or phone call is to check your health, plan your care and make sure you're ready for surgery.

During your visit or phone call to the preoperative clinic, **you will:**

- Meet with or talk to a nurse who will explain how to get ready for the surgery and what to expect while you're in the hospital.
- Have your knee X-rayed.
- Meet with a rehabilitation specialist who will go over the exercises and guide you through the equipment you will need.

When you visit the preoperative clinic, you may:

- Have blood tests.
- Have an electrocardiogram (ECG).
- Meet an anesthesiologist (the doctor who will manage your pain).
- Meet with a medical specialist who will assess your health and review your medication list.

3- Preparation for the surgery

Plan ahead:

Make sure everything is ready for you when you come home after your surgery.



Items to be purchased at a pharmacy or specialty store:

- Several gel ice packs
- A cane
- A thermometer to take your temperature after surgery
- Two (2) 4% Chlorhexidine sponges (SoluPrep) for washing the day before surgery
- A telephone shower head
- Two quality non-slip mats:
 - One for the shower/tub
 - One for the bathroom floor
- A reach extender (if needed)
- A long-handled shoe horn (if needed)
- A sock aid (if needed)

A reach extender



A sock aid



A long-handled brush



A long-handled shoe horn



Organize your home for your return:

- Arrange your home so you can avoid using the stairs as much as possible (put a bed on the first floor).
- Set things up so you always have access to everything you need (dishes, pots, clothes, etc.).
- Make sure you have a chair with armrests.
- Make sure the places you'll be sitting are higher than your knees (beds, chairs, armchairs).
- Put away all mats (especially slippery ones, such as those in the bedroom and kitchen).
- Clear the space around your bed, in the hallways, in the kitchen and in the bathroom so you can get around easily with your walker.
- Remove any electrical wires that could block your way.

*If you heat your home with wood or pellets, plan an alternative method or get help.

Other suggestions:

- Make sure you have the right size shoes and slippers with non-slip soles (foot swelling is to be expected).
- Stock the refrigerator and freezer. Buy frozen meals or prepare individual portions that can be reheated until you're well enough to cook.
- Practise going up and down the stairs and doing the exercise routines in this document.



Call your local equipment loan centre (walker, toilet lift).

You're responsible for getting the equipment you need (from your local CLSC or pharmacy/specialty store).

Once you know the surgery date, **you must call** the equipment loan team at your local CLSC to pick up the equipment you need (e.g., walker):

Kamouraska, Rivière-du-Loup, Les Basques et Témiscouata	1-418-899-0214, ext. 10192
Rimouski-Neigette	1-418-724-3000, ext. 5339
La Mitis, La Matanie et La Matapédia	1-418-775-7261, ext. 30229



Enlist the help of a friend or family member (especially for the first week) to help :

- Prepare your meals
- Do the laundry
- Perform hygiene tasks (at the sink)
- Clean up
- Take care of your pet (clean litter, feed, etc.)
- Drive you to physiotherapy appointments and to the CLSC (you won't be able to drive for at least 6 weeks)

* If you're still worried about your return home after surgery, speak with your doctor or another member of your healthcare team.

Arrange for a ride back home

If you're leaving on the day of the surgery, arrange your ride back home for the late afternoon. **Ask your driver to stay, if possible.**

Should you be staying overnight, arrange a ride for before noon the next day.

If necessary, you can stay at the hospital or at a hotel after the surgery. To do so, you must make a reservation yourself before the surgery with an appropriate resource:

- For Rimouski residents, we recommend Hôtellerie Omer-Brazeau : 418-724-2120
- For Rivière-du-Loup residents, we recommend Hôtellerie Marc-Bélanger at Centre hospitalier régional du Grand-Portage: 418-868-1010, ext. 62237
- If you can't get help at home, you can stay in a convalescent home. Call RAOR to learn about the resources in your area: 1-833-422-2267.

Adjusting your walker and cane

To adjust the height of the walker:

- Stand up straight and relax your shoulders.
- Make sure the handgrips are level with your wrists.
- Make sure that the walker is level and the feet are at the same height.

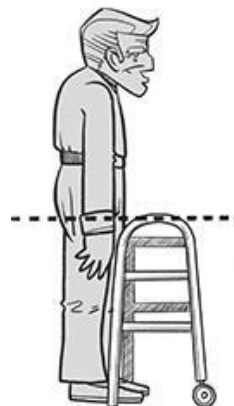
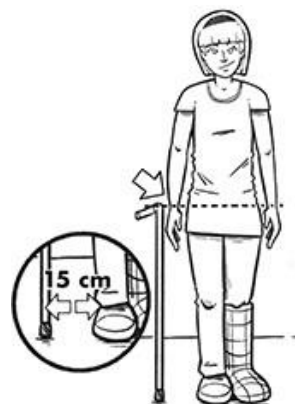


Figure 3. Adjusting Walker Height
Source : Familiprix (2023). Walking Aids. Retrieved at: <https://www.familiprix.com/en/articles/walking-aids-f59df234-6413-4c55-b033-0667c1157e5d>

To adjust the cane height:

- Stand in your everyday shoes with your arms at your sides and relax your shoulders.
- Make sure the handle is level with your wrist.
- The cane should be on the opposite side of the operated leg.



Canceling the surgery

Please call the appropriate number below as soon as possible if you need to cancel the surgery. You must call to cancel the surgery if:

- You're ill (fever, cough, difficulty breathing, chills, diarrhea, vomiting).
- You have an infection.
- You're pregnant.

You must inform the clinic at the number below as soon as possible if:

- You notice changes in your condition.
- You're taking a new medication.
- You're suffering from psoriasis, eczema, oral herpes or any other skin condition in the days leading up to the surgery.
- You have a recent wound near the joint that needs to be replaced.
- You received an infiltration (Cortisone injection) at the operated joint less than three months before your scheduled surgery.

Rivière-du-Loup Preoperative Clinic: 418-868-1010, ext. 62958

Rimouski Admissions Office : 418-724-3000, ext. 8461

Matne Preoperative Clinic : 418-562-3135 ext. 12036

The day before and the day of the surgery

4- The day before the surgery



The day before the surgery, if you haven't been contacted, you should call the Operating Room administrative officer:

- For Rivière-du-Loup: 418-868-1010 ext. 62360 (**call between 1 p.m. and 2 p.m.**)
- For Rimouski: 418-724-3000 ext. 8461 (Admissions Office)
- For Matane: 418-562-3135, ext. 10000 (Admissions Office—wait for the call in the early evening)

Important information – Please fill in the table below:

Surgery date and time:	
Time to drink 2 cups of clear apple juice (in the morning)	
Time to be at the hospital	
Where to go at the hospital	

Personal hygiene:

To reduce the risk of infection, we ask that you take a bath or shower the day before and the morning of the surgery **with the 4% Chlorhexidine sponge**. Wash yourself with the sponge from neck to toe and rinse well.

* **Don't apply** the sponge to the face or genitals.

Diet (fasting):



Traditionally, patients have been asked to fast as of midnight on the day of surgery. Studies have shown that taking sugary clear liquids in the hours before surgery improves recovery after surgery.

That's why we use the following guidelines, which tell you what to eat and not to eat the day before and morning of the surgery :



* **Some people shouldn't take fluids after midnight. Your nurse will tell you if you need to stop drinking at midnight.**

The day before surgery (dinner)	<p><u>For dinner</u>, eat normally.</p> <p>Don't:</p> <ul style="list-style-type: none"> - Eat too much - Eat out or eat fast food - Have anything too sweet (e.g., desserts, soft drinks) <p>You're allowed to eat solids until midnight.</p>
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<p>From midnight onwards</p> 	<p><u>From midnight to an hour before you arrive at the hospital:</u> Don't eat ANY solids You're allowed to drink clear liquids, for example:</p> <ul style="list-style-type: none"> - Water - Apple juice - Iced tea - Black coffee (no milk, no cream) - Electrolyte drinks (e.g., Gatorade)
<p>The morning of the surgery</p> <p>An hour before arriving at the hospital</p> 	<p><u>An hour before arriving at the hospital:</u> Drink 2 cups of clear apple juice.</p> <p>For example: If you're told to be at the hospital by 7:00 a.m., drink 2 cups of apple juice between 5:00 a.m. and 6:00 a.m.</p> <p>After you drink the juice, you have to fast completely.</p>

5- The day of the surgery

On the morning of the surgery, before arriving at the hospital:

- Remove makeup, nail polish, manicures, jewelry and piercings.
- Don't bring valuables (money, credit cards, jewelry, electronics, etc.).
- Don't use moisturizer.
- Don't shave the area to be operated on.

Follow the instructions of your surgeon or the nurse at the preoperative clinic as to whether you should take medication on the morning of surgery.

Things to bring to the hospital:

- This booklet
- Hospital and health insurance cards
- Slippers or non-slip shoes
- Medication list provided by your pharmacist
- Your medication (in original container)
- Comfortable, loose-fitting clothing
- Personal hygiene products
(toothbrush, toothpaste, deodorant, tissues, sanitary towels, etc.).

Bring if needed:

- Disability insurance form
- Inhaler (if you use one at home)
- Glasses, contact lenses, hearing aids, dentures
(bring the storage containers labelled with your name)
- Sleep apnea device

6- Arrival at the hospital

Report to the Admissions Office or to the designated place at the designated time. Family and friends can wait for you in the waiting room for the next steps.

Meeting with the nurse:

A nurse will be on hand to answer any questions you may have. She will also:

- Make sure your personal items are in a safe place.
- Give you some pills to take with some water
(These pills will help prevent and reduce pain after surgery).

In the Operating Room:

- An orderly will take you to the operating room.
- Most surgeries are performed under regional or general anesthesia.
With regional anesthesia, an injection in your lower back will eliminate any sensation of pain in your lower body, and you'll be half asleep.
- You can discuss this with your anesthetist.
- The surgery usually takes an hour to an hour and a half.
- You will be on your back for the whole operation.

After the surgery

You will be discharged on the day of the surgery or stay in the hospital for 24 to 48 hours.

7- Recovery room :

After the surgery, the anesthesiologist, respiratory therapist and nurse will take you back to the recovery room. You'll stay there as long as it takes to monitor your vital signs and stabilize your pain. The anesthesia and surgical team will help to minimize your pain after surgery.

As soon as you wake up, you'll be asked to start breathing and circulatory exercises. These exercises are key to preventing the most common complications, such as thrombophlebitis.

These exercises should be done at least 10 times an hour :

1- Circulatory exercises:

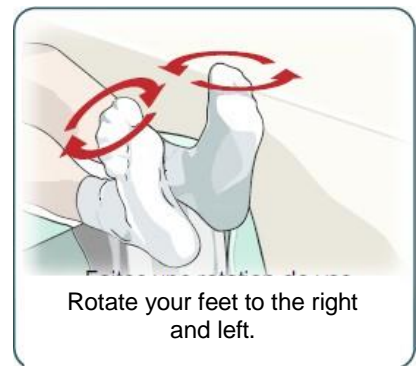
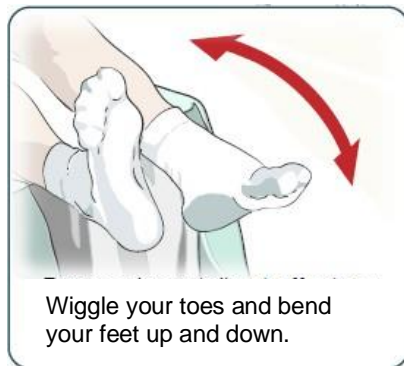


Figure 5. Exercices circulatoires

Source : Centre universitaire de santé McGill (2023). Guide pour se préparer à la chirurgie de remplacement du genou.



2- Breathing exercise :

- Put your lips around the mouthpiece.
- Breathe in deeply.
- Try to keep the ball up as long as possible.
- Remove the mouthpiece and breathe out.
- Rest for a few seconds, then start again.

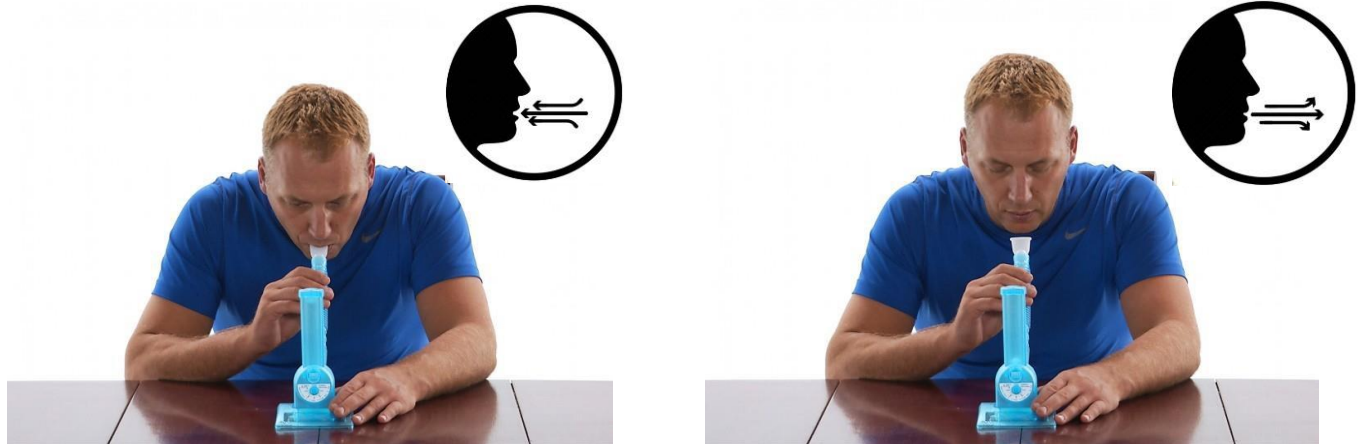


Figure 6. Breathing Exercises

Source: Physiotec: Rehab Exercise & Patient Interaction App (2023). Breathing in and out.

Learn the pain scale :

We will repeatedly ask you to indicate your pain on a scale of 0 to 10. 0 means no pain and 10 is the worst pain you can imagine.

It's normal to feel some pain after knee replacement surgery. Tolerable pain scores (1 to 3) are common.

In such cases, your pain will be controlled by acetaminophen (Tylenol/Atasol).

Our goal is to keep your pain score below 4. Don't wait until the pain becomes unbearable before telling us.

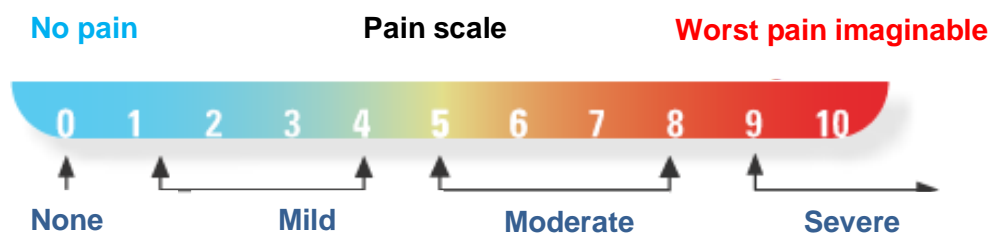


Figure 7. Pain Scale

Source: McGill University Health Centre (2023). A Guide to Hip Replacement Surgery.

Once your pain is under control, you'll be transferred to your room or to the day surgery unit on your stretcher.

8- Return to your room

Once you're back in your room, you'll be able to:

- Drink and eat as soon as you're permitted to do so
- Get up for the first time (just 4 to 6 hours after surgery)
- Do circulatory and breathing exercises
- Whenever possible, get up with staff assistance



A rehabilitation professional will help you begin your exercise program. The key is to start moving as soon as possible with staff assistance. The more you move and exercise, the quicker you'll be able to resume your normal activities.

We'll make sure you can get around safely on your own before you return home.

Pain control:

You'll receive pain medication on a regular basis. Remember to tell your nurse if your pain is higher than 5 out of 10. Your pain must be kept under control to ensure optimal mobility and exercise.

You have to keep moving!

9- Return home

When you're discharged, your file will be transferred to the people responsible for your follow-up. We'll contact you as your rehabilitation progresses.

If you're discharged the day of the surgery, **a nurse will call you** the next morning to answer your questions and assess your pain.



Abnormal symptoms



If you experience any of the following symptoms:

- Loss of sensation in the operated leg
- Total inability to put weight on your operated leg when permitted
- Temperature over 38 °C
- Continuous discharge outside the dressing
- Vomiting
- Burning sensation when urinating or inability to urinate
- Sudden, intense pain in a specific area of the calf
- Shortness of breath
- Chest pain
- Signs of wound infection such as:
 - Redness, heat, swelling, increasing pain
 - Pus discharge

Contact Info-santé 811 or the orthopedic clinic (weekdays only):

- Rivière-du-Loup: 418-868-1010 ext. 62868
- Rimouski and Matane : 418-724-3000 ext. 8561

If you have any **questions** or **concerns**, feel free to contact the hospital nurse (weekdays only):

418-551-0753

PHASE 1

Normal symptoms for the first 7 days

Severe pain	<ul style="list-style-type: none">• Significant pain in the operated knee is normal.• The pain will diminish in intensity and frequency over time.• Take your medication as prescribed.• Apply ice for 10–15 minutes every hour.• The pain shouldn't prevent you from moving.
Stiffness and loss of mobility	<ul style="list-style-type: none">• Your exercises will help increase flexibility and reduce pain and swelling.• It's important to balance periods of rest and activity.•
Signs of inflammation - Edema (swelling) - Redness - High heat	<ul style="list-style-type: none">• It's normal for inflammation to persist for a few weeks as part of the healing process.• Applying ice, elevating the operated leg and continuing physiotherapy exercises and walking are great ways to control swelling and pain.
Soiled dressing (blood)	<ul style="list-style-type: none">• It's normal for the dressing to be soiled, but the bleeding shouldn't be constant or seeping through the dressing.
Bruising	<ul style="list-style-type: none">• Bruising will appear in the thigh and calf. It should gradually disappear.

Key recommendations for the first 7 days:

- Apply ice for 10–15 minutes every hour (not directly on your skin).
- Use your walker at all times (follow your rehabilitation professional's instructions).
- Walk for at least 5 minutes every hour.
- Follow the exercise program and safe-movement guidelines on the following pages.



Exercise program (knee)

These exercises should be started before surgery and continued afterwards:

- Do your exercises as recommended and follow the care team's instructions.
 - Walk for at least 5 minutes every hour.
 - If the pain increases significantly during and/or after exercise, reduce the frequency or intensity of the exercises so you can perform them to the best of your ability.
 - Apply ice for **10–15 minutes** every hour (**not directly on your skin**).
 - Use your walker at all times (follow your rehabilitation professional's instructions).
 - When in bed, keep your operated leg extended.
 - The exercises will be modified by your rehabilitation professional as you progress.
 - Any resumption of activity must be approved by your doctor.
 - The therapist will guide you through the exercises based on your condition.
- DON'T put a pillow directly under your knee.**

Exercises

N° 1 - On your back

Lie on your back. Point your foot away from you, then pull it back towards you.

Go back and forth quickly (every second or so).

Do this for a minute every hour.

SUPINE PLANTAR FLEXION



N° 1 - Sitting down

Do the same motion, but in a seated position with your foot on the floor.

Do this for a minute.

SEATED PLANTAR FLEXION



Ce guide d'intervention en physiothérapie vise à travailler les problèmes suivants :

- Présence de douleur
- Diminution de l'amplitude articulaire
- Diminution de la force musculaire
- Difficulté lors des transferts
- Patron de marche perturbé
- Présence de signes trophiques

N° 2

Lie on your back. Pull your toes towards you and press the operated knee down against the mattress.

Repeat 10 times.
Hold for 5 seconds.

ISOMETRIC QUADRICEPS CONTRACTION



N° 3

Lying on your back or half-seated with a firm roll under your knee, healthy leg bent to stabilize your pelvis. Lift the foot of the operated leg to straighten the knee as much as possible.

Keep your knee firmly on the roll.

Repeat 10 times.
Hold for 5 seconds.

QUADRICEPS STRENGTHENING



N° 4 - On your back

Lie on your back, legs extended.
Place an exercise band around your foot.
Slowly bend the operated leg by sliding the heel towards the buttocks, then bend further by pulling with the exercise band.
Keep your heel in contact with the mattress and pull your foot towards you.
Repeat 10 times.
Hold for 5 seconds.

ACTIVE ASSISTED KNEE FLEXION



N° 4 - Sitting down

Sit on a chair. Slide the foot of the operated leg as far back as possible under the chair.
Hold for 5 seconds and bring your foot forward.
Repeat 10 times.
Hold for 5 seconds.

ACTIVE KNEE FLEXION



N° 5

Lie on your back and place a towel roll under your ankle.
Relax your leg, letting gravity pull your knee down.

Hold for 5 minutes.

PASSIVE KNEE EXTENSION



N° 6

Lie on your back and keep your leg elevated for 30 minutes
(foot higher than your heart).

Use this time to apply the ice for 10 to 15 minutes.

Don't use more than 2 pillows.

Don't use this position at night.

ELEVATION OF OPERATED LIMB AND ICE



PHASE 2

Signs and symptoms

- The signs and symptoms from Phase 1 are starting to diminish, but are still present.
- The methods for controlling signs and symptoms remain the same (see page 15).

Recommendations

- The clips and dressing will be removed on days 14 and 16 at the routine care clinic.
- Practise bending your knee by rocking back and forth on a chair. Make sure to keep the foot of the operated leg on the floor.
- Put equal weight on both legs when standing. When you stand up from a seated position, try to involve the operated leg as much as possible.

Exercises

N° 7

Stand upright, holding a counter or chair.

Alternately lift your knees up high.

Repeat 10 times for each leg.

Do this 3 times a day.

MARCH ON THE SPOT



N° 8

Sit on a chair. Attach the end of an exercise band to a solid object in front of you.

Attach the other end to the ankle of the operated leg.

Bend your knee and pull the exercise band under the chair without planting your foot on the floor.

Slowly return to the starting position and repeat.

Repeat 10 times.

Do this 3 times a day.

SEATED KNEE FLEXION WITH THERABAND



N° 9

Sit on a chair that's against a wall to prevent it from sliding.

With your feet hip-width apart and your buttocks at the edge of the chair, stand up.

Slowly return to a seated position.

Be sure to distribute your weight evenly on both legs.

Repeat 10 times.

Hold for 5 seconds.

Do this 3 times a day.

SIT TO STAND



N° 10

Stand facing the wall. Place the operated leg behind you with your heel on the floor and your toes pointing straight ahead.

Press both hands against the wall, keeping your back knee straight and moving your hips forward without bending the knee until you feel a stretch in the calf of your back leg.

Do this stretch 3 times for 30 seconds.

Do this 3 times a day.

STANDING CALF STRETCH



PHASE 3

Signs and symptoms

- Each person's swelling and pain will progress differently, but will gradually improve.

Recommendations

- Gradually wean off the walker and use the cane as tolerated. **The cane should be held on the side opposite the operated leg.**
- You can start using a pedal exerciser or a stationary bike.
- Talk to your therapist about starting to shower again depending on how your wound is progressing once it has fully healed.
- Gradually resume daily activities (dishwashing, meal preparation, etc.).

Exercises

N° 11

Stand with the foot of the operated leg in front.

Attach an exercise band to a secure object in front of you and behind the operated knee.

Bend the knee slightly, then bring it back to its original position.

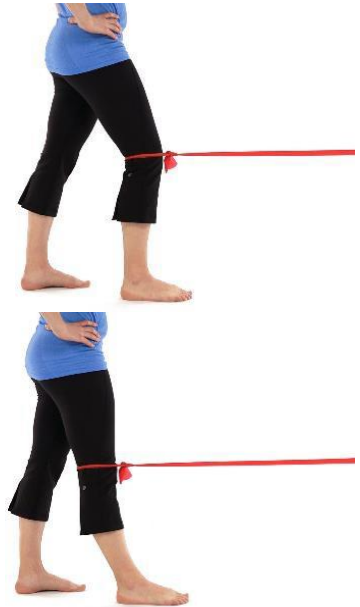
Make sure your foot remains firmly on the floor.

Repeat 10 times for each leg.

Hold for 5 seconds.

Do this 3 times a day.

TERMINAL KNEE EXTENSION WITH THERABAND



N° 12

Stand with your back to the wall and feet hip-width apart.

Lower yourself slowly, keeping your back against the wall while squeezing a ball between your knees. Keep your knees in line with your second toes. Rise slowly.

Be sure to distribute your weight evenly on both legs.

Repeat 10 times.

Hold for 5 seconds.

Do this 3 times a day.

1/4 WALL SQUAT



N° 13

Sit on a chair and put the foot of the operated leg on another chair.

Relax your leg and let your knee extend.

Place a book or weight on top of the knee to stretch it further.

Maintain this position for up to 10 minutes, as tolerated.

Do this 3 times a day.

SEATED CANTILEVER



PHASE 4

Signs and symptoms

- Pain and swelling are often worse at the end of the day and at night.

Recommendations :

- Apply ice and take Tylenol to control pain, as needed.
- Gradually wean off the cane as tolerated.
- Start going up and down the stairs alternating between the right and left foot. Use your cane and the handrail.
- Start massaging your scar.

Exercises

N° 14

Gently step onto the stepper with your operated leg, keeping your knee in line with your 2nd toe, then step down with your healthy leg only.

Start with a height of about 3 inches. Once you can do 10 repetitions, gradually increase to 7 inches (standard step height).

Do 10 repetitions slowly.

Do this 3 times a day.

STEP UP AND STEP DOWN



N° 15

Stand upright.

Put one hand on a handrail or counter.

Back up, taking steps of equal length on both sides.

Return to the starting position and repeat.

WALKING BACKWARD



N° 16

Put yourself in a comfortable position so you can grasp your scar with one or two hands.

Massage the scar, lifting and rubbing it in all directions to loosen and soften it.

SCAR MASSAGE



PHASE 5

Signs and symptoms

- Pain can vary from one day to another, depending on what you do.
- Your knee may still feel swollen and warm. Apply ice as needed.

Recommendations

- If necessary, use the cane to move around outside.

Go for daily walks outside.

Exercises

N° 17

Stand only on your operated leg, without supporting yourself.
Hold this position for up to 30 seconds, as tolerated.
The goal is to hold the position for the same amount of time on each of your legs.

Progression:

- Put a pillow under your foot.
- Close your eyes.

Do this 3 times a day.

SINGLE LEG BALANCE



N° 18

Stand next to a counter.
Take a step forward with the operated leg and bend the knee slightly. Make sure your knee doesn't go past your toes.
Quickly push down on your leg to return to the starting position.

Repeat 10 times.

Do this 3 times a day.

FORWARD POWER LUNGE



Using your knee safely



Prohibited activities:

- a. Don't kneel (follow your rehabilitation specialist's instructions).
- b. Don't put a pillow under your knee.
- c. Don't turn on the operated leg.
- d. Don't cross your leg.



Going up and down stairs with a cane:

Going up:

1. Put the cane close to the step.
2. Go up a step with the healthy leg.
3. Go up to the same step with the cane and the operated leg.
4. Repeat the process for each step.



Going down:

1. Go down a step with the cane and the operated leg.
2. Go down to the same step with the healthy leg.
3. Repeat the process for each step.



Vehicle instructions:

You'll be able to drive again about 6 weeks after your operation or with the orthopedist's permission. In the meantime, you should be in the passenger seat.

If the seat is too low, put a cushion on it. You can also use a plastic bag to help you slide more easily.

Getting in and out of a vehicle:

1. Ask someone to move the seat back as far as possible and tilt it all the way back.
2. Sit on the seat with both legs outside the vehicle.
3. Pull in one leg at a time.
4. Adjust the seat and backrest to your comfort.
5. To get out of the vehicle, do the opposite: first lower the backrest and move the seat back.



Figure 8. Getting in and Out of a Vehicle

Source: Physiotec: Rehab Exercise & Patient Interaction App (2024). Vehicle transfers.

Sitting down and getting up:

1. Stand upright on **both feet**.
2. Distribute your weight evenly between your feet and the armrests with your hands.
3. Stand up slowly so you don't feel dizzy. Sit on the edge of the bed for one or two minutes before getting up completely.
4. Don't sit on low, soft, upholstered furniture. Use an armchair with proper armrests for support.



Figure 9. Standing Up and Getting Around Safely

Source: Physiotec: Rehab Exercise & Patient Interaction App (2024).

Washing and getting dressed :

- Wear loose-fitting clothes and thin socks: they're easier to put on.
- Put on your pants or underwear starting with your operated leg. Use a reach extender to help you.
- Remove your pants or underwear starting with the healthy leg.

Other tips for your return home

1. Pain medication

When you leave hospital, you'll be given a prescription that the person accompanying you can pick up at your pharmacy. **Follow your pharmacist's instructions regarding your medication.** There will be medication to help control your pain and prevent blood clots from forming in your leg (blood thinners). You'll also have a painkiller to take as needed (if the pain isn't relieved by regular medication and ice application). Remember to take it an hour before exercising if you're in pain.

2 - Dressing and clips:

You must leave the dressing in place. The dressing and clips will be removed by a CLSC nurse or by routine care about 14 days after surgery.

3 - Constipation prevention:

It's not uncommon to experience constipation after surgery, as the pain medication slows your digestion. That's why we recommend that you:

- Eat high-fibre foods
- Drink enough water
- Move regularly
- Take a mild laxative as needed (especially for the first 3 days after surgery)

4 - Ice

To ease the pain, apply ice for 10–15 minutes every hour. Don't apply ice directly on your skin. Don't keep it on overnight.

5 - Hygiene

Hygiene instructions may vary depending on how your wound has been closed and the type of dressing you have. We ask that you:

- Wash yourself at the sink
- Avoid getting your dressing wet
- Wait until three to four weeks after surgery, when your scar has fully healed and there's no discharge, to wash normally, but don't rub the scar (dab instead of rubbing)

6 - Sleeping position

When in bed, you should lie on your back and keep the operated leg extended. **Don't put a pillow under your knee.** Your knee will recover full extension more easily.

7 - Work

You and your surgeon will determine when you should return to work based on the type of work you do (usually 2 to 4 months for sedentary work and 3 to 5 months for physical work).

8 - Travel

If you're on the road, make sure you stop every hour and move around to reduce the risk of blood clots.

Remember to check your insurance before planning a trip. You should make sure you're covered for postoperative medical problems.

If you plan to travel by plane less than 3 months after your surgery, check with your orthopedist for any special instructions. You may be prescribed aspirin 325 mg, 1 tablet daily, starting 3–4 days before departure and continuing until your return

9 - Sports

Swimming, walking and stationary cycling are all recommended:

1. **Swimming:** You can return to the pool 4 to 6 weeks after surgery for water walking or gentle swimming. It's important to make sure your wound has fully healed.
2. **Cycling (without toe clips), cross-country skiing, skating, bowling, social dancing, pétanque, gardening and golf** can be resumed 3 to 5 months after surgery (depending on your condition).
3. **Don't:**
Engage in strenuous sports for the first 3 months. Activities involving repeated impacts and pivots aren't recommended. These include jumping, jogging, volleyball, soccer, basketball, downhill skiing, aerobics, field hockey, racquet sports and running.
4. **For any other sport, talk to your surgeon.**

10 - Sexual activity

You can start having sexual activities as soon as you feel ready. You may, however, have to restrict your movement to some extent.

11 - Medical follow-up:

Appointment centre staff will call you to schedule the date and time of your follow-up appointment 3 to 6 weeks after surgery.

- Bring the appointment form you received on the day of your surgery.
- A follow-up X-ray will be done.
- Make sure you have your medical leave certificate (if required).

12 - Insurance documents:

Salary insurance, bank loan, employment insurance, CNESST, SAAQ, etc., must be submitted to the orthopedic secretariat at the post-surgery follow-up appointment. Charges may apply.

Survey

This questionnaire is for people who have undergone total knee replacement at CISSS du Bas-Saint-Laurent. Please take a few minutes to tell us what you think by completing the form or this web questionnaire:



https://forms.office.com/Pages/ResponsePage.aspx?id=KP7hBotfdUC_bK4kvhp5knJoVkcWUp_lrpQx7vvxaYIURDBTVFdvJVTgwWEY4SkVLQ1FOMVdRU01TWS4u

For each of the following statements, please tick (✓) your level of satisfaction.

Please indicate where your surgery took place:				
<input type="checkbox"/> Centre hospitalier régional du Grand-Portage <input type="checkbox"/> Hôpital régional de Rimouski <input type="checkbox"/> Hôpital de Matane				
Demographic and other information:				
<input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Other, specify:				
<input type="checkbox"/> Under 50 <input type="checkbox"/> 50-64 <input type="checkbox"/> 65-84 <input type="checkbox"/> 85 and over				
<input type="checkbox"/> I slept one night at the hospital <input type="checkbox"/> I slept several nights at the hospital				
<input type="checkbox"/> I left the hospital on the day of the surgery				
Please tick the appropriate box.				
	Very satisfied	Satisfied	Not very satisfied	Dissatisfied
Respect for the individual				
1	Respect for patient confidentiality (e.g., during care, treatment, examinations, consultations)			
2	Reception, courtesy and attitude of nursing staff and professionals			
3	Reception, courtesy and attitude of doctors			
Amount and relevance of information received BEFORE your surgery				
4	From physicians (orthopedist, anesthetist, etc.)			
5	From nurses			
6	From rehabilitation professionals			
Amount and relevance of information and care received ON THE DAY of surgery				
7	Reception and assistance of staff on the day of surgery			

8	Information on next steps after surgery				
Amount and relevance of information and care received AFTER surgery					
9	Post-surgery care				
10	Information on pain management and return home				
Assessment of POST-surgery rehabilitation experience					
11	Overall, how would you rate your rehabilitation experience in the 3 months following surgery?				
12	Overall, how would you rate your rehabilitation experience in the 12 months following surgery?				
Knee Replacement booklet					
13	Overall assessment of the booklet				
14	The booklet is easy to understand	<input type="checkbox"/> Absolutely <input type="checkbox"/> To some extent <input type="checkbox"/> Not really <input type="checkbox"/> Not at all			
15	The booklet helped me prepare for my surgery	<input type="checkbox"/> Absolutely <input type="checkbox"/> To some extent <input type="checkbox"/> Not really <input type="checkbox"/> Not at all			
16	Did you find the information on how to prepare for your surgery clear and useful?	<input type="checkbox"/> Very clear and useful <input type="checkbox"/> Clear, but not very useful <input type="checkbox"/> Unclear but useful <input type="checkbox"/> Unclear and not useful			
17 - How can we improve the experience of people undergoing total knee replacement at CISSS du Bas-Saint-Laurent?					
18 - If you had to decide whether to have the same procedure again, would you do it?					
19 - Other comments					
<p style="text-align: center;">THANK YOU for your cooperation!</p> <p style="text-align: center;">Detach this questionnaire to complete it. Please scan and return completed surveys to: francois.levasseur.cisssbsl@ssss.gouv.qc.ca.</p>					

**Centre intégré
de santé
et de services sociaux
du Bas-Saint-Laurent**

Québec 