

# RITWIK KEJRIWAL

KNEE AND SHOULDER

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## 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 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 to 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.