

WELCOME



TO THE KNEE CLASS

Your physiotherapist and/or doctor have decided that you are an appropriate candidate for the Knee Class.

The **AIM** of the Knee Class is to increase range of movement, strength, and function of your knee joint.

Suitable candidates include those with the following conditions:

- Total Knee Replacements
- Fractured Femur (thigh bone)
- Ligament Repairs
- High Tibial Osteotomies
- Arthritis

LENGTH OF STAY is variable depending on your condition and progress.

The class takes place
Monday, Wednesday and Friday
from **9:30 a.m. – 11:00 a.m.**



Please bring shorts and sneakers (or similar type of shoes).

The class consists of a regime of range of motion and strengthening exercises. As helpful as the class is, it is essential that you do your exercises at home daily. Regular attendance in the class is essential to achieve your goals. Not attending regularly or neglecting your home exercises may slow down your progress.

HELPFUL TIPS

POST OP SCARS: Massage of the scar and skin around it will help the skin to heal and the development of a flat, mobile scar. Drainage from your scar should be reported to your physiotherapist and/or doctor. It is not uncommon to develop harmless stitch abscesses, which may cause drainage.

SENSITIVITY over the scar is normal and will decrease with time and regular massage. Numbness, either over the incision site or outside of the knee is also common.

SWELLING varies considerably from person to person, and can occur for up to 6 months or longer post surgery. To help control swelling, try the following:

- Use ice on your knee for 10 – 15 minutes. Later on in recovery, some people complain that their knee is stiffer after using ice and they no longer benefit from its use.
- Elevate your leg 12 " above your heart.
- Avoid wearing stockings with a tight band at the top.
- Wear the white anti-embolic stockings and other supports as directed by your physiotherapist or doctor.

POSITIONING: Avoid placing pillows under your knees. It is just as important to be able to straighten your knee, as it is to bend it!

We hope you will find your time in the Knee Class a rewarding experience.

If you need more information, please contact:

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Outpatient Physiotherapy
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