

## **Orthopaedic Connection**

### **What Happens After Knee Replacement**

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#### ***Transforming patient information into patient understanding.***

Last week I discussed what I know is the best total knee prosthesis for the majority of my patients. It is the LCS total knee prosthesis made in the USA by DePuy Orthopaedics, Inc. It is unique because of its design and exceptionally long life: twenty years and counting!

After surgery most patients are spending an average of three days in the hospital. The Joint Camp program we use at Gratiot Medical Center makes the entire experience smoother and less scary. I have said many times in talks I have given and in writing, that "*an informed patient is our best outcome*".

#### **Home or Rehab Center**

"Home sweet home." For many patients that is where they go when they leave the hospital. If the patient has enough good help at home, it can work well - with the aid of Home Care Nursing and Physical Therapy coming to the house.

Many of our patients know in advance that it would not work for them to go straight home. This has been identified before surgery and a Rehab place has been chosen where the patient can go for a variable amount of time for further recovery.

#### **The Big Three**

Bend the knee  
Straighten the knee  
Strengthen the leg

It's easy to say, but very hard to do. It takes lots of work on your part, the Physical Therapist and your family if you have gone right home. It can be a real struggle. Why is this if the patient has a new knee joint?

**\*Key point** - only the joint surface is replaced. Your weak muscles and very bad, stiff tissue structures around the knee are still there and even somewhat more ouchy because of the surgery. So the knee starts out in this huge hole! The worse off the knee was before surgery, the longer

it takes to get better after surgery. It is different in different people so please don't compare rates of recovery. Same operation, but after that it's apples and oranges.

### **Activities**

Patients are always interested in what they can do with a new knee joint. A very pertinent question I would say. I don't have space left this week to go into all the activities.

Not to accentuate the negative, but I'm going to list first the activities not recommended. Then next time we'll go into all the other activities.

#### Not Recommended

Running or jogging  
Singles tennis  
Volley ball  
Basketball  
Football  
Hockey  
Gymnastics  
Soccer  
Racquetball

Too great a chance of injury. Too much stress on the parts. Why take a chance? You don't make a living doing those things. Take it easy.

Next time we will cover all the positive things you will be permitted to do after total knee replacement. These may surprise you.

### **Office Website and Gratiot County Herald Archive**

[www.orthopodsurgeon.com](http://www.orthopodsurgeon.com) and Your Orthopaedic Connection provide all the Orthopaedic and Musculoskeletal information you need! And you can reach the Archive of all GCH previous articles through the Website.

All past articles are listed by title and the complete text is available at the click of a mouse.

All of the information available concerns what I treat daily in the office and hospital. Log on and check it out.

Our goal is simple - To help people return to more pain free, functional lives. I specialize in you.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush