

LCS Total Knee Replacement: What To Expect At Home

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Transforming patient information into patient understanding.

After a few days following an LCS Total Knee Replacement I discharge the patient home or to a rehab place to have more time to recover.

Physical therapy will be started before you leave the hospital. Often it begins on the same day as surgery. The exercises the physical therapist will put you through will likely be uncomfortable, if not painful for the first few days. It is very important that you continue to do the exercises to help you regain strength, mobility and improve muscle tone.

Pain Management

Most of my patients find that the pain after LCS Total Knee Replacement is tolerable. Pain subsides during and throughout recovery and is manageable with a variety of pain medications and muscle relaxants.

"How long am I laid up?"

It varies from patient to patient as one might expect. Within three to six weeks after surgery you should be able to resume some if not most of your daily activities.

Most people will return to their jobs between six to eight weeks after surgery. This can vary a lot based on your recovery time and type of job you have.

Complete recovery last anywhere from six months to a year.

"When can I drive?"

Average is four to six weeks. It varies a lot though. Depends on which knee was replaced, your vehicle, vehicle's transmission and other factors.

The Big Three

Bend the knee
Straighten the knee
Strengthen the leg

It is easy to say, but hard to do. It takes great work on your part, the physical therapist and your family. 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 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 is apples and oranges.

Next time, "**What activities can I do after LCS Total Knee Replacement?**"

All Orthopaedic Surgery problems can be evaluated by Dr. Haverbush at the Lakeview Community Wellness Center in Lakeview or at the office in Alma at 315 Warwick Dr., Alma, Michigan.

Please call 989-463-6092 for information or to schedule an appointment.

Future Lakeview Community Wellness Center Clinic dates are July 31, August 7 and August 21, 2009.

Please don't forget there is a wealth of accurate information about all the Orthopaedic conditions I treat on the office teaching website www.orthopodsurgeon.com. Please log on and check it out.

We are happy to answer questions from readers. You can e-mail me at orthopodsurgeon@hotmail.com or write to me at 315 Warwick Dr., Alma, Michigan 48801.

Our goal is simple - To help people return to more pain free functional lives.

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

Be well.

Dr. Haverbush