



HIP AND KNEE REPLACEMENT SURGERY

AGENDA

1. Exercise before surgery
2. Planning For Your Surgery
3. Your Hospital stay
4. Recovery after Surgery
5. Safety during the Pandemic

EXERCISES BEFORE SURGERY

Locate this exercise sheet in your Hip and Knee Replacement Handbook

A copy of this exercise sheet is also available to download at www.shn.ca/hipandknee

HOME EXERCISES

Do these exercises daily before your surgery to build your strength for a faster recovery.

LAYING EXERCISES		STANDING EXERCISES	
			
<p>Lying on your back, lift feet toward buttocks to bend hip and knee. Repeat 10-20 times.</p>		<p>Stand holding a chair. Keep your knees together and lift your feet until knee hip is parallel with the floor. Hold 5 seconds. Repeat 20 times.</p>	
			
<p>Lying on your back with left knee straighter than and other leg bent, tighten Right muscle by straighten knee and raise foot off the floor. Back of knee pressed against the wall. Hold for 5 seconds and relax. Repeat 20 times. Increase difficulty by putting a weight across your ankle.</p>		<p>Stand holding a chair. Slowly bend your hips and knees as if you sit on it a chair. Keep your knees over your feet. Do not let your knees lean in or out during movement. Repeat 10-20 times.</p>	
			
<p>Lying on your back with opposite leg straight and other leg bent. Lift opposite leg up 30 inches keeping knee straight. Hold for 5 seconds and slowly relax. Repeat 10-20 times.</p>		<p>Stand holding a chair. Push up onto your toes and slowly lower back down. Repeat 20 times.</p>	
			
<p>Lying on your side, lift the opposite leg straight up 30 inches with knee pointing forward. Repeat 10-20 times.</p>			

HOME EXERCISES BEFORE SURGERY

- Exercise is a critical part of your recovery before and after a joint replacement.
- See the exercise sheet in your handbook (www.shn.ca/hipandknee)
- These exercises should be performed daily at home before your surgery
- Similar exercises will be used immediately after your surgery

PLANNING FOR YOUR SURGERY

COVID-19

You can have your surgery safely by taking the following precautions:

- Choose consistent support person(s) to limit your exposure pre-operatively and post operatively
- Try to avoid exposure to too many people prior to surgery
- Plan ahead for the support you will require post-operatively

Note: We have a LIMITED Visitor policy. Your support person will not be able to come into the hospital unless specially arranged by your surgeon

Pre-operative Check-in with Social Work and Physiotherapy

Your surgeon may decide you need extra support before surgery. If needed, they may refer you to a Social Worker or Physiotherapist.

Physiotherapy

- Review the contents of the education materials and answer any questions you have about planning for surgery or recovery afterward
- Make sure you are prepared for your surgery and help problem solve
- Refer you to a Social Worker if you need more help with planning

Social Work

- Help you plan for home support after surgery if you need it
- Help plan transportation and other services after surgery if you need it

****NOTE: Patients having Same Day Surgery will be called by the physiotherapist before surgery**

Prehabilitation

NOTICE: Our Prehabilitation Program is currently on hold due to the pandemic. Where requested by the surgeon, a physiotherapist will connect with you by phone to support your preparation for surgery. In person exercise classes are cancelled for now. As the situation changes, new options will be made available.

- Get stronger before surgery so that your recovery will be smoother
- Physiotherapy assessment and exercise class 2 days/week for 1 hour
- Wear comfortable clothing and sturdy shoes. Bring your handbook

PLANNING FOR THERAPY AFTER SURGERY

Your surgery is just the beginning! To get the best possible outcome, you have to do a therapy program AFTER your surgery.

Waitlists can be long. Book your therapy appointments now to avoid delay after surgery.

1. The Best Option - Come back to SHN for your Physiotherapy!
2. Go to an SHN Partner clinic (if SHN is too far for you).
3. We will help you find a place if neither of the above options work.

One of our staff members will be in touch with you to confirm your choice. Please call our Patient Navigator if you do not have your physiotherapy planned 1 week before your surgery.

Notice: Due to the pandemic, we are currently providing in-person physiotherapy at our Centenary site only. Your physiotherapist will determine the frequency of in-person visits and will augment with virtual options (by phone or video conferencing)



DAILY ACTIVITIES

Some activities may be more challenging after surgery.
Create a plan before surgery to make things easier.

Make a plan for:

- Meal preparation
- Laundry
- House cleaning
- Groceries
- Transportation home from hospital
- Transportation to physiotherapy and medical appointments

MOVING AROUND YOUR HOUSE

Moving around your home may be harder after surgery. Think about how your home is organized and do the following to make moving around your home easier after surgery:

- Remove clutter
- Remove tripping hazards such as cords or mats
- Raise surfaces so that your hips are higher than your knees when sitting
 - Foam cushion, bed blocks, raised toilet seat
- Move frequently used items to waist-height (e.g. rearrange your kitchen cabinets so you can reach frequently used items easily)
- Move furniture to allow for walker movement
- Consider installing grab bars, secure railings, etc.



A QUICK NOTE ABOUT HIP PRECAUTIONS

WHO MAY HAVE MOVEMENT PRECAUTIONS AFTER HIP REPLACEMENT?

If any of the surgeons listed below are doing your hip surgery, there is a good chance that you will have to follow specific movement precautions after your surgery.

Dr. Abughaduma

Dr. Urovitz

Dr. Hummel

Dr. Yee

Dr. Kaminker

Dr. Sattarian

Dr. Thompson

Dr. Tran

MOVEMENT PRECAUTIONS AFTER HIP REPLACEMENT

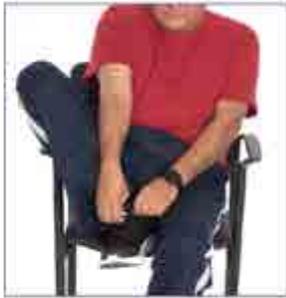
- Avoid certain movements in the weeks after hip surgery
- **Does not apply to everyone who has a hip replacement**
- Depends on the type of surgery you have
- Depends on your surgeon's preferences
- Equipment is available to make daily activities easier while avoiding these movements



MOVEMENT PRECAUTIONS AFTER HIP REPLACEMENT



X DO NOT bend your operated hip beyond 90 degrees



X DO NOT cross your operated leg or ankle



X DO NOT turn your operated leg inward

SEATING IDEAS AFTER HIP REPLACEMENT

- Sturdy dining room chairs with arms
- Avoid soft, cushy sofas / chairs
- Firm foam cushion



EQUIPMENT NEEDS FOLLOWING YOUR JOINT REPLACEMENT

Preparing for your surgery includes renting or buying some equipment and setting it up BEFORE your surgery!

- Everybody will need walking aids
- Some people may find certain items very helpful after surgery
- Patients with movement restrictions after surgery will need special equipment to avoid certain movements while going about daily activities
- See the following slides for examples of bathroom, dressing, and walking equipment and aids you may need
- Check the last page of the *Hip and Knee Replacement Surgery Handbook* for specific equipment recommended for your type of surgery

EQUIPMENT YOU MAY NEED

BATHROOM EQUIPMENT

- Bath seat/bench
- Raised toilet seat
- Long-handled sponge



EQUIPMENT YOU MAY NEED DRESSING AIDS

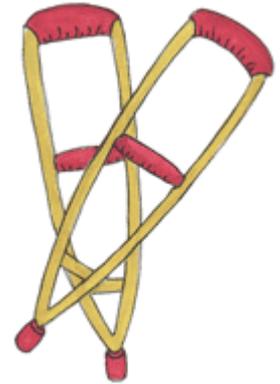
- Long-handled shoe horn
- Reacher
- Sock-aid



EQUIPMENT YOU WILL NEED

Walking Aids

- Walker with 2 wheels
- Cane
- Crutches (optional)

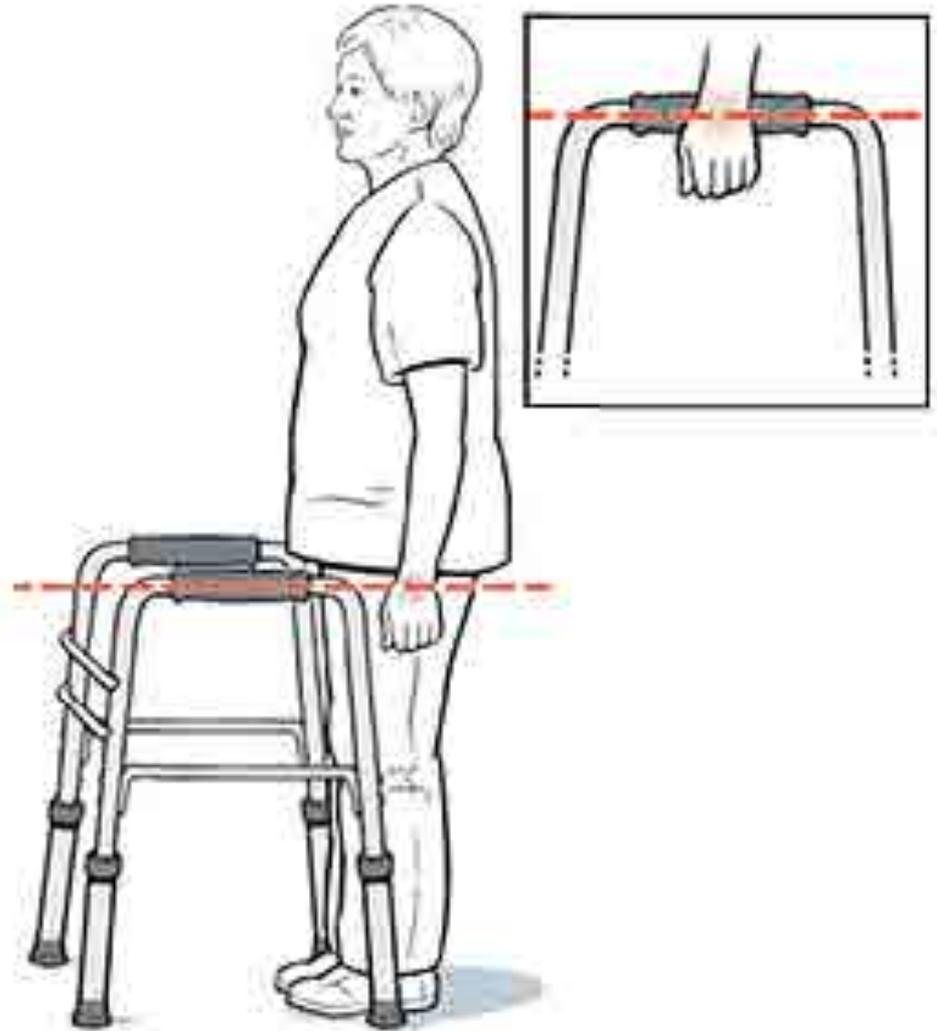


- Rollator walkers and quad canes
are NOT recommended



ADJUSTING YOUR WALKER

The top of the walker should come to the crease of your wrist while you are standing up straight inside the walker



PACKING FOR THE HOSPITAL



- Shoes, slippers or sandals with rubber soles and enclosed heels
- NO moccasins, heels, or knitted slippers!
- ***Your feet will swell up to one size larger than usual***
- Comfortable clothes that are loose fitting with elastic waistbands e.g. sweatpants, sweaters, shorts, t-shirts etc.



WHAT TO EXPECT DURING YOUR HOSPITAL STAY

SAME DAY SURGERY

Some patients are carefully screened and selected to go home the day of their surgery without being admitted to hospital. You and your surgeon would arrange this before your surgery

- After surgery you will be in the recovery room for approximately 2 hours
- A Physiotherapist will assess and treat you before you are cleared to go home
- Be sure all the equipment you need is ready for you in your car when you are picked up on discharge

OVERNIGHT STAY

Most patients will need to stay in hospital overnight after hip or knee replacement surgery

- Be prepared to stay in hospital overnight
- After your surgery, you will be assessed by your healthcare team and they will decide if you need to stay longer than one night

PHYSIOTHERAPY IN HOSPITAL

Your physiotherapist will teach you:

- How to get up out of bed
- How to walk after your surgery
- How to climb stairs
- How to do your exercises
- You will be given a walker to use while you are in the hospital. **Make sure your walker is in the trunk of your car for when you get home.**

Goal: Be able to get around your home safely and follow your exercise program at home

Putting Weight on your Operated Leg

- Most people are allowed to put as much weight as they want on their operated leg after surgery
- If your situation is different, your nurse or physiotherapist will let you know
- TAKE PAIN MEDICATION before you try to stand or walk!

OCCUPATIONAL THERAPY

Not every patient will need to see an Occupational Therapist. You may be referred if you need to review the following:

- Getting dressed
- Bathing
- Home Equipment



WHAT TO EXPECT ON THE UNIT

- You may have an IV, oxygen, a drain in your leg and a catheter in your bladder
- You may have a large and bulky dressing



No pillow under
the knee!

- You may feel dizzy the first time you get up. CALL for help the first time you get up to go to the bathroom or sit in a chair
- You will probably feel significant pain when you start to move around. Make sure you ask for pain medication so you can participate in your therapy!

EXERCISES TO START RIGHT AWAY:

1. **Deep breathing exercises:** - 10 times every waking hour
 - Helps promote breathing normally on room air and reduce the risk of possible pneumonia while you are less mobile

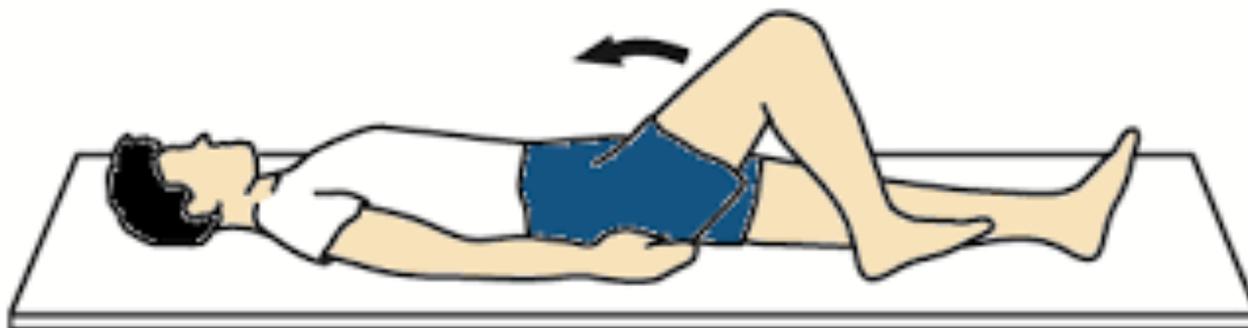


2. **Ankle pumping** - 10 times every waking hour
 - Helps promote circulation to reduce pain and swelling and prevent blood clots



RANGE OF MOTION EXERCISES

- It is very important to start bending and straightening your knee as soon as possible after surgery
- Pain must be well controlled to get the most out of your exercises! Ask for pain medication before you start
- Your physiotherapist or rehab assistant will help you with these exercises to start



KNOW YOUR POST-OP PHYSIOTHERAPY PLAN

- The physiotherapist will ask you where you have booked your therapy appointments - have that information ready

Make sure you have your
Physiotherapy Referral in hand
before you leave the hospital.
You need it for your first PT
appointment after surgery!

- You may also get a separate invoice letter to give to the clinic if you are going to a clinic that is not part of our network. Your PT will give you instructions

The form is titled "SHN Primary Elective Hip or Knee Replacement Post-operative Physiotherapy". It includes fields for "Referral Date" (D/M/Y), "Surgeon", "Surgery Date" (D/M/Y), and "Discharged" (D/M/Y). Under "Surgery Details", there are checkboxes for "Right" or "Left", "General" or "Centenary", "Anterior Approach", "Lateral Approach", or "Posterior Approach", and "Total Hip", "Total Knee", or "Knee Hemi-Arthroplasty (Oxford)". The "Weight-bearing Status" section has checkboxes for "AS Tolerated", "Partial", "Touch", or "Non Weight-bearing". "Precautions" include checkboxes for "No" or "Yes" for hip flexion, adduction, and internal rotation, with a "Duration of Precautions" field. "Treatment Requested" includes checkboxes for "ROM", "Strengthening", and "Gait Progression". The "Surgeon Signatures" section lists 16 surgeons with their names and CPSON numbers. At the bottom, it says "Please email hipkneebundle.digit@shn.co with any questions related to Bundled Care."

DISCHARGE FROM HOSPITAL

- Make transportation arrangements to get home once discharged
- You will see the physiotherapy team one more time before you are discharged from hospital
- Your surgeon will discharge you once you are medically stable and the physiotherapist has worked with you
- You will be given a prescription for pain killers and blood thinners on discharge.

Expect to be discharged in the morning

- If you have a long drive, plan to stop and get out of the car to stretch once or twice along the way

DRIVING

Right Hip or Knee Surgery:

- Your surgeon will tell you when it is safe to start driving but plan not to drive for at least 4 weeks

Left Hip or Knee Surgery:

- ask your surgeon when you can start driving

RECOVERY AFTER SURGERY

THERAPY AFTER SURGERY

First Appointment:

- 7-10 days after a Knee Replacement or up to 2 weeks after a Hip Replacement

Goals of Therapy:

- Your Therapy program will get you started on your journey to recovery
- You will likely continue to improve for up to a year after your surgery
- You and your therapist will set realistic goals that can be achieved in 3-5 weeks.

Examples of goals you can hope to achieve during therapy:

1. Walk up and down the stairs like I did before my knee/hip got bad.
2. Walk around (the mall, the block, my church) with greater ease and less pain.
3. Improve my walking so I don't have to use a walker/cane/crutches.
4. Get up and down from a chair without my knee/hip bothering me.
5. Bend my knee/hip far enough to get into the car easily.
6. Perform my household chores without my knee/hip bothering me.
7. Understand how to continue to improve on my own after finishing physiotherapy.

THERAPY AFTER SURGERY - PANDEMIC CHANGES

We have new safety protocols due to the pandemic including:

- All patients will be screened for travel and Covid-19 symptoms the day before their appointment and when arriving at the hospital
- Patients will be asked to wash their hands with hand sanitizer and wear a facemask (provided at appointment)
- Large group classes are not allowed. Appointments will be one to one
- Appointments will be staggered and patients will be asked to wait in their car until their appointment time to avoid contact in the waiting room
- The treatment areas have been re-arranged and only a few patients are allowed in the gym at one time to ensure adequate physical distancing
- Telephone or video appointments will be conducted as appropriate to minimize in-person contact as long as it DOES NOT compromise patient care

**SAFETY COMES FIRST! CANCEL YOUR APPOINTMENT IF YOU HAVE ANY
SYMPTOMS**

THERAPY AFTER SURGERY - VIRTUAL CARE

Your physiotherapist will discuss the possibility of virtual care with you during your initial assessment.

Video Appointments with OTN:

- Must have an internet connection and a tablet or computer with a camera and a private place to conduct the appointment
- Must consent to use of email and OTN
- A good option when the physiotherapist wants to show you an exercise, check your progress, or make sure you are doing the exercises correctly

Telephone Appointments:

- Must consent to treatment over the phone
- A good option when you want to discuss your progress or any symptoms or concerns you are having

Your physiotherapist will see you in-person for assessments or if s/he feels it is necessary to make sure you continue to progress towards your goals.

