

Total Knee Arthroplasty E.R.A.S. Education

Enhanced Recovery After Surgery

Goals of ERAS: To involve you and your family in your recovery, to get you home as soon and as safe as possible and to improve the outcome and overall satisfaction of your surgical experience.

YOUR ROLE BEFORE SURGERY

- Make sure your home is adapted to your post-op needs. Install any safety equipment you may need. Items you use regularly that are in lower cupboards should be placed at countertop height. Keep your walkways clear of clutter/trip hazards. Make sure you obtain all the adaptive equipment you'll need for after surgery. You can use a "loan closet" to borrow equipment at no cost or try to borrow from family and friends. Make sure you have a firm chair with arms to easily get in and out of.
- Ask family and friends to help you out after your surgery. Make sure you have easy food to prepare so you don't stand on your feet for too long- freezer type meals are easy (bought or made).
- No need to bring any of your assistive or ambulatory equipment to the hospital. You can go home in the same clothes you came to hospital in, very loose fitting, shoes must have non-slip bottom and fully enclose the heel for safety and fall prevention.

AFTER KNEE SURGERY

- Follow your surgeon's guidelines and precautions. You will be getting out of bed the same day of surgery, usually within 8 hours of your surgery. Early mobility following your surgery helps to build your endurance and improve gut motility. Physical therapy will get you up and walking with an assistive device, and doing some basic exercises. Occupational therapy will be there to help you adapt your ability to perform activities of daily living following surgery.
- Fall prevention, after surgery you are at increased risk for a fall. While in the hospital, you should always use the call button for assistance getting out of bed. Medications and surgery can make you dizzy, lightheaded or sleepy. You may experience generalized weakness after being inactive. After you've been laying down, make sure you sit for as long as you need to before standing. Be aware of smaller sized bed, IV's, or other equipment that can be in your way.

- Blood clot (DVT) prevention after surgery you'll wear the sequential compression devices while in the hospital, Dr. will prescribe you medications to help prevent blood clots. Walking and ankle pumps are an important part in prevention of DVT's.

AT HOME

- Keep walkways clear of clutter or trip hazards. Use night lights to help guide you into bathroom at night. Always keep your assistive device (ie, walker, cane) at your bedside for safety.
- Do your ankle pumps 10+ every hour that you are awake. Do not sit for more than 30 min. Walking helps to build endurance, decrease stiffness and decreases chances of blood clots.
- Homecare services will come to your home following surgery. A nurse and a physical therapist will see you for about a week. Then you will begin outpatient physical therapy. Prior to surgery, set up your *initial outpatient physical therapy visit for 7-10 days following surgery*. Always follow your surgeon's recommendations.

4 Ways to schedule an appointment at a Beaumont Physical/Occupational Clinic near you:

1. Call **248-655-3191**
2. Call the clinic of choice
3. For **online PT scheduling** click on the link below:
<https://www.beaumont.org/treatments/physical-therapy>
4. Scan the QR code



Post-op TKA exercises

Quad Set

Lie on your back
Tighten your top thigh muscles, so the back of your involved knee pushes into the bed
Hold for 5 seconds
Relax and repeat 10x, 2-3x/day



Gluteal set

Lie on your back
Squeeze your buttock muscles
Hold for 5 seconds
Relax and repeat 10x, 2-3x/day



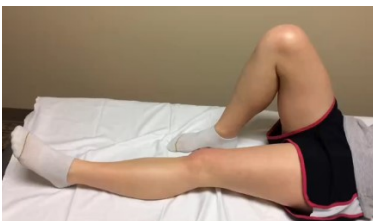
Terminal Knee Extension

Lie on your back
Place a rolled up towel under your knees
Raise your foot to straighten your leg being sure to keep the back of your thigh on the towel roll
Hold for 5 seconds
Slowly lower your foot to the starting position
Relax and repeat 10x, 2-3x/day



Heel Slide

Lie on your back with surgical leg straight
Bend the knee on your uninvolved side
Slide your heel toward your buttocks
Hold for 5 seconds
Return slowly, relax and repeat 10x, 2-3x/day



Ankle Pumps

Pull your toes up toward your nose, then point toes away from you like pushing on a gas pedal
Pumping back and forth
Repeat minimum 10x/hour, every hour you are awake



Knee Extension

Sit with your back against a chair
Straighten your surgical knee lifting your foot off the floor
Tighten up the quad muscle
Hold for 5 seconds, relax and repeat
Relax and repeat 10x, 2-3x/day



Straight Leg Raise

Bend your non-surgical leg
Keep your surgical leg as straight as possible and tighten the top thigh muscle (quad)
Slowly raise straight leg six to eight inches off the bed or floor
Hold 3-5 seconds
Relax and repeat 10x, 2-3x/day

