Knee Replacement Surgery

Inpatient Rehabilitation

Petersen Health Care

Notes: Your doctor or therapist has given you this patient education handout to further explain or remind you about an issue related to your health. This handout is a general guide only. If you have specific questions, discuss them with your doctor or therapist.

Surgery Overview

Total joint replacement involves surgery to replace the ends of both bones in a damaged joint. This surgery creates new joint surfaces.

In a total knee replacement surgery the ends of the damaged thigh and lower leg bones and usually the kneecap are capped with artificial surfaces lined with metal and plastic. Knee joint components usually are secured to the bones with cement.

In a total knee replacement surgery the damaged cartilage is removed and replaced with new joint surfaces in a step-by-step process.

1. ***Removal of arthritic cartilage from the lower end of the femur (thigh bone) and placement of femoral component.***
2. ***Removal of arthritic cartilage on upper tibia (lower leg bone) and placement of tibia component.***
3. ***Removal of arthritic cartilage from patella (kneecap) and placement of patellar component.***

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What to Expect After Surgery

You may spend several days in the hospital after knee replacement surgery. You will have intravenous antibiotics for about a day after surgery and you will receive medications to control pain. Your doctor may prescribe medications to prevent blood clots for you to take for several weeks after surgery.

Rehabilitation (Physical & Occupational Therapy) after a knee replacement is intensive. One goal of rehab is to allow you to bend your knee enough to do daily activities such as walking, climbing stairs, sitting in and getting up from chairs and getting in and out of a car. It is very important that you take part in physical therapy both while you are in the hospital and after you are released from the hospital. You and your therapist will set specific goals. These goals will be accomplished with exercise and range of motion activities.