

# Post Total Knee Replacement Tips

## Total Knee Replacements and ADLs

You may have difficulty performing several activities of daily activities (ADLs) after a total knee replacement (TKR) due to pain and reduced range of movement. While there are a few things you may need to stop for a while, others can be done with a few simple modifications!



## Common Difficulties Faced Post Operation



Squatting



Climbing Stairs



Kneeling

## What Kind of Sports Can You Do



Low-impact activities such as  
Hiking, Gardening and  
swimming

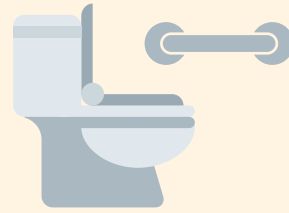


High-impact activities that  
require jerking, twisting, pulling  
like football or basketball

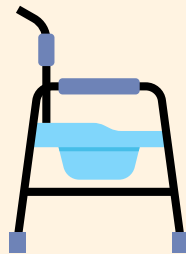
## Occupational Therapy Tips for Managing Self-Care:



Sit on a supportive chair when dressing and showering



Use grab bars to support yourself when in the bathroom



Use a toilet seat raiser or elevated commode, do not squat down



Use a long handled reacher, shoe horn, long-handled sponge and/or sock aid to avoid bending over

### Quick Tips

Thread your operated leg first when putting on pants, and remove your non-operated leg first when taking pants off



Use plastic to prevent your wound dressing getting wet

Speak to your Occupational Therapist if you have any questions.

Contributed by Occupational Therapy, Rehabilitation, Allied Health Services

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