



Total Knee Replacement Surgery

*Handouts to help you understand how your lifestyle
choices impact your knee replacement*

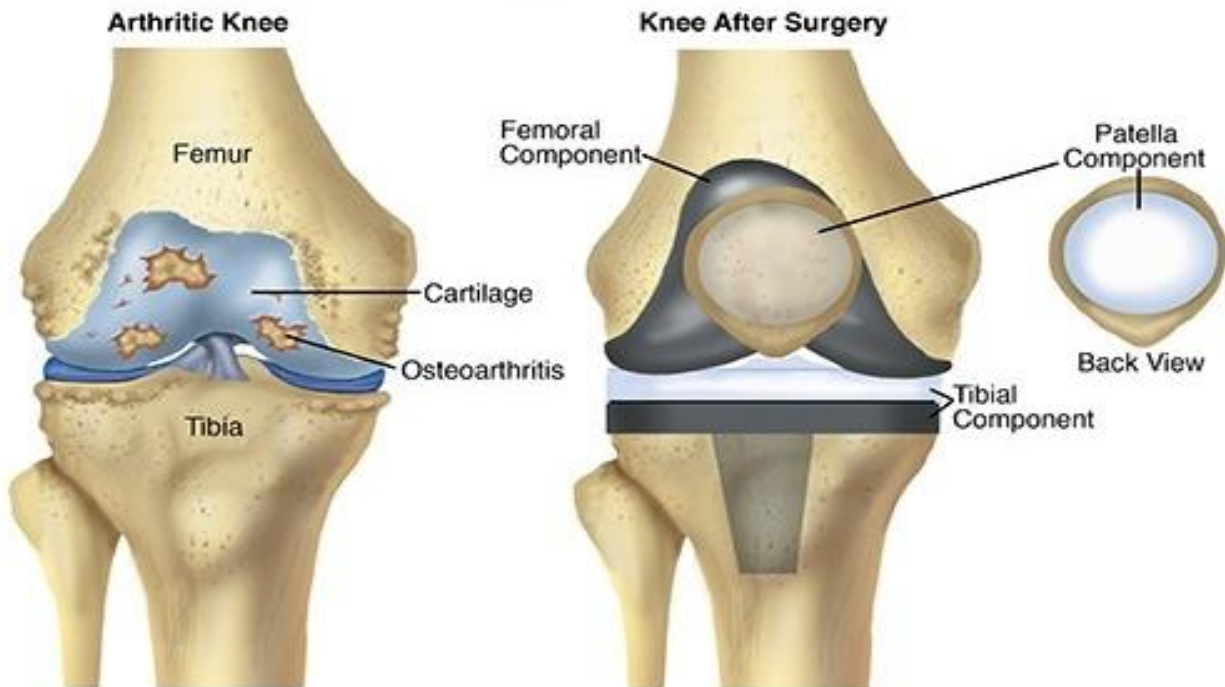
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Overview of Total Knee Replacement



Total Knee Replacement. [Online image]. (2018). Retrieved from <https://qph.fs.quoracdn.net/main-qimg-446e499ede9388720c8558d260532fd7>

What does the knee joint do?

- The knee joint is the largest joint in the body and acts as the “hinge” of the legs
- Healthy knees are needed to do most of our everyday activities, such as walking or getting in and out of chairs

Why may a knee replacement be needed?

- Your knee may be damaged by arthritis which often causes pain
- You may feel this knee pain keeps you from doing your everyday activities

How does a total knee replacement help?

- Surgery can help to resolve this pain
- During surgery, the damaged part of your knee (called cartilage) is removed and replaced with new cartilage
- Your new cartilage is chosen based on your age, activity level, body type, and strength in your bone

The Risks of a Sedentary Lifestyle

What is a Sedentary Lifestyle?

- A sedentary lifestyle is one with little to no physical activity during one's day to day routine
- Some activities include watching TV, reading a book, or sitting for much of the day without any exercise
- A sedentary lifestyle can contribute to various health concerns

The Risks

Living a sedentary lifestyle after injury or disease to your hip or knee can affect your overall health and well-being:

- Can lead to weight gain, which increases the amount of stress on your knee or hip and cause more pain
- Increased risk for developing osteoporosis
- Increased risk for falls
- Extreme weight gain can increase complications during and after knee or hip replacement surgery
- Not exercising after knee or hip replacement surgery can increase the risk of joint failure or the need for another surgery

How Can I Exercise When My Knee or Hip is in Pain?

- Those who need a hip or knee replacement are often in too much pain to participate in regular physical activity
- This pain causes people to stop exercising or doing activities they enjoy, causing them to become inactive by sitting down for longer periods of time
- Many think they are not able to exercise because of the pain, however, do not realize that they can participate in exercise leading up to their surgery day

Why is Exercise Important for Recovery?

- ✓ Exercise can help improve your strength, movement, and endurance of your knee or hip joints
- ✓ These factors play into a more successful recovery after surgery
- ✓ Participating in an exercise program can help with weight loss, which reduces complications and risks during and after surgery
- ✓ Upper body exercises can help to reduce muscle soreness and fatigue that are caused by using a walker, crutches or cane after knee or hip replacement surgery
- ✓ Low-impact exercise like walking, swimming, or going on the elliptical can help to strengthen your hip or knee before and after surgery

How Can I Reduce the Risks?

- Try to break up long periods of sitting with standing breaks
- Try to get more steps in during your day – whether it be walking or biking to work, or parking a little further away from your destination
- Have family and friends help you by participating in regular exercise and “sitting breaks”
- Take responsibility for your health and start to make a lifestyle change
- Consider getting a trainer or attend a new class at the gym

Osteoporosis Risk and Management

What is Osteoporosis?

- A disease that is marked by low bone mass and bone tissue being broken down, which can lead to an increased risk of fracture
- It is known as the “silent thief” as this bone loss can happen over many years without anyone knowing
- The most common fracture linked to osteoporosis is the hip

Who is Affected by Osteoporosis?

- At least 1 in 3 women and 1 in 5 men will suffer from an osteoporosis-related break in their lifetime
- 1 in 3 hip fracture patients will re-fracture within one year
- Osteoporosis can result in lowered self-esteem, loss of mobility, and decreased independence

What Factors Increase the Risk of Developing Osteoporosis?

- Family history of fragility
- Older age
- History of falls
- Previous low-trauma fracture
- Lack of calcium
- Lack of Vitamin D
- Consume 3 or more drinks of alcohol a day
- Current smoking
- Menopause

How can Osteoporosis be Managed?

For those living with osteoporosis, there are various treatment options available. The goal is to prevent or slow bone loss. It is important to talk with your doctor about what treatments are the best for you:

- ✓ Adequate Vitamin D and calcium intake
- ✓ Regular physical activity
 - Consult your doctor or physiotherapist for exercises
 - Exercise should include strength training, balance training, weight-bearing exercise, and posture training
- ✓ Quitting smoking
 - Participate in a program to help with quitting smoking
- ✓ Consult doctor for more information on osteoporosis medication
- ✓ Education on falls prevention strategies
 - Consult the handouts on falls prevention
- ✓ Include family in osteoporosis management
 - Prepare and eat healthy meals with family and friends
 - Include family and friends when you participate in different exercises and activities

Additional Programs and Resources

- Bilingual toll-free information line:
1-800-463-6842 English / 1-800-977-1778 French
- Osteoporosis Canada - <https://osteoporosis.ca/>
- International Osteoporosis Foundation -
<https://www.iofbonehealth.org/>

Falls Prevention Strategies

What You Need to Know About Preventing Falls

- Most hip fractures occur in the elderly population, with 90% resulting from falls
- 1 in 5 falls may require medical attention
- poor balance, poor vision, and dementia may all lead to falls
- Most falls are preventable

Exercise

- Take part in a regular exercise program
- 15-20 minutes daily or 2 hours per week
- Consult your doctor or therapist for recommendations for a low-impact exercise program
- Your exercise program should include both balance and strengthening exercises
- Exercise with family or friends for extra support

Home Safety Modification

- If you have been told you are at risk of falls or have low vision problems, consider potential tripping hazards in your home
- Consult with an occupational therapist about home modifications

Other Health Interventions

- Review your medications regularly as some can increase falls risk – you can do this with a nurse or pharmacist
- Your vision, footwear and general health can all impact falls risk – review with an occupational therapist or your doctor

Simple Steps to Keep You Safe in Your Home

- Bathroom
 - Use a non-slip mat or non-slip strips in the tub and shower
 - Consider a shower chair and hand held shower head
 - Consider using a raised toilet seat and grab bars
- Living and Dining Room
 - Arrange furniture for easier movement
 - Use TV remote controllers and cordless phones
 - Remove floor rugs
- Stairs and Pathways
 - Keep areas free of clutter and have good lighting
 - Install handrails
 - Apply bright coloured tape to steps
- Kitchen
 - Keep commonly used items within arm's reach
 - Do not use floor polish
 - Keep appliance cords out of the way
- Don't Forget Medical Check-Ups
 - Hearing and vision
 - Gait and balance
 - Cardiac and mental status
- Include Family in Falls Prevention
 - Family members should be encouraged to participate in the patient's pre-and-post-surgical care
 - Support patient by implementing falls prevention strategies

Service Provider

Signature/Designation

Phone Number

**This information is to be used only under the recommendation of
a CBI Therapist**

Tips to Improve Your Overall Health

Living a healthy lifestyle can help prevent illness and disease

- Healthy lifestyle choices can promote health and well-being
- Making healthier choices can reduce the risk of developing diseases like heart disease, cancer, and type II diabetes

Here are some tips to staying healthy:

Eat a healthy diet

- ✓ Smaller portions of lean meat, fish, or chicken
- ✓ Choose more whole grain foods like whole-grain bread, brown rice and cereals
- ✓ Have more vegetables, fruits, and whole grains in your diet
- ✓ Eat darker green and orange fruits and vegetables
- ✓ Eat dairy products lower in fat
- ✓ Cut back on additional fats in butter, oils or margarine
- ✓ Limit salt, caffeine and alcohol – limit to a maximum of 2 drinks a day and 4 cups of coffee a day
- ✓ Drink more water each day
- ✓ For more information see Canada's Food Guide or consult a dietician

Exercise and stay active

- ✓ Regular exercise helps to keep your heart, and lungs working better, and controls your cholesterol and blood pressure levels
- ✓ Try to get at least 15-20 minutes a day or 2 hours a week of moderate activity
- ✓ Do an activity that you enjoy to get your heart rate up – examples include walking, swimming, biking, or team sports
- ✓ Try to be more active on a regular basis – take the stairs, walk to the store, or park far away so you can get some additional steps in

Quit smoking

- ✓ Smoking and exposure to second-hand smoke are the major causes of heart and lung disease, stroke, and cancer in Canada
- ✓ It's never too late to quit – once you stop smoking, your risk of heart disease drops, and after several years, your risk is so low it seems like you have never smoked
- ✓ Don't start smoking – try to avoid being in environments where second-hand smoking is common

Take time to relax

- ✓ Take time for yourself to participate in activities you enjoy
- ✓ Consult your doctor if you are feeling very stressed or overwhelmed – they can give you resources for relaxation and stress management strategies

Be aware of your blood pressure

- ✓ High blood pressure can lead to heart disease and stroke
- ✓ There are no obvious symptoms of high blood pressure
- ✓ Take steps to keep blood pressure healthy:
 - Regularly check blood pressure
 - Stop smoking
 - Get regular physical exercise
 - Drink less alcohol or stop completely
 - Use less salt
 - Maintain a healthy body weight

For any questions or concerns, consult your doctor for more tips or strategies to maintaining a healthy lifestyle