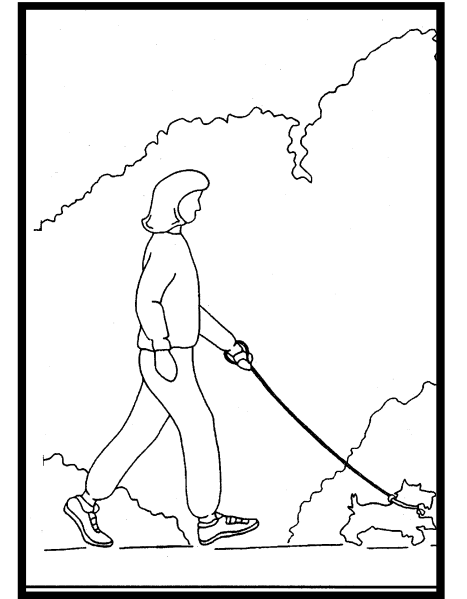


5 The Basic Rules



You and Your New Knee



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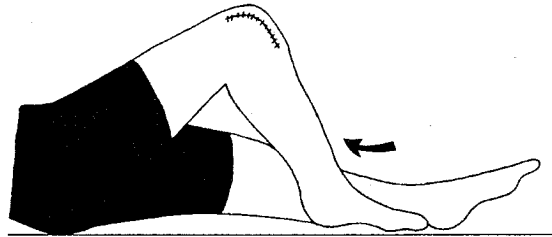
PD 4635 06/2006

The 5 Basic Rules

Follow these rules to help your knee muscles heal, get strong and work well. Follow these rules for at least 3 months after surgery or until your doctor tells you to stop.

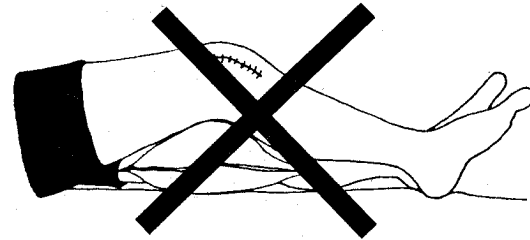
Rule #1

Move your knee often. Do the exercises your physiotherapist has taught you.



Rule #2

Do not use a pillow or support under your knee. Pillows and supports cause the muscles and ligaments to shorten.

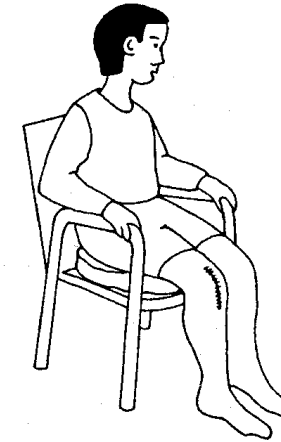


Rule #3

Follow the instructions you are given about weight bearing when walking. Your health professional will let you know how much weight your doctor wants you to put on your leg.

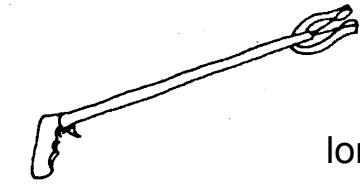
Rule #4

Sit on high, firm chairs only. You will need to make sure you have a high, firm chair at home to sit on after surgery.

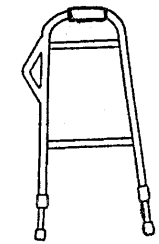


Rule #5

Use tools to help you. Some tools you can use are:



long handled reacher



walker



long handled sponge

Pull Out