







Rehabilitation Exercise for Post-Artificial Knee Joint Replacement 人工膝關節置換術後之復健運動(英文)

Artificial joint is made of metal and high-density plastic material that can be customized according to the structure, shape and function of human joints. Physician will evaluate the abrasion and the activity capacity of joints, cut off the worn cartilage and bone and replace with artificial joints.

You will need rehabilitation exercise after the surgery to help you get off the bed easily and enhance the recovery process.

Rehabilitation Exercise

1. → Ankle pump exercise →	2. → Knee joint stretching and bending exercise →
	
3. → Downward pressing exercise for knee joints →	4. → Leg stretching and lifting exercise →
	

- Do rehabilitation exercise 3 ~ 5 times daily with 10 ~ 15 laps per exercise. Please exercise after receiving the instruction

from physical therapist.

Instruction for Walking Aids

- Height of Walking Aids: Bend the elbow slightly at about 15-degree angle when standing. The handle of the walking aids should be placed on the patient's wrist.
- The sequence of the three-point step: move Aids forward → Side of the affected leg → Good leg

Precautions

- Be careful when getting off the bed. Sit along the bedside for a while and practice standing up and walking if you do not feel dizzy.
- Please follow the medical advice from the attending physician for the loading on the affected leg when walking or standing up. Do not carry excess load.
- Initially after the surgery, avoid sitting on low chairs and using squat toilet to prevent difficulty in standing up.
- Use the handrail when going upstairs or downstairs, two feet per step. Let the good leg go up first when ascending and let the affected leg going down first when descending.
- If the patient experiences pain or heat after exercise or walking, use cold compress on the wound. In case the affected leg suffers from edema, lift up the lower extremity and engage in ankle pump exercise.

若有任何疑問·請不吝與我們聯絡
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