



**Desert Orthopedics Center, PLLC**  
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## Knee Replacement

**BEFORE** you are seen on surgery day, you should have a visit with a physical therapist within 7 days before your surgery date.

- They will guide you on what exercises to start immediately following surgery. At this visit, you will set up your first post operative visit for 2-4 days after surgery
- Your physical therapist will provide you with a home exercise program to increase range of motion.

Rehabilitation begins **immediately** following the surgery.

- You can place full weight on the operative leg following surgery. You will be able to walk with crutches or a walker.
- You should begin working on range of motion immediately following surgery, even if you have not seen the physical therapist yet. A continuous passive motion (CPM) machine may be used to move the knee joint. Continuous passive motion is a device attached to the treated leg which constantly moves the joint through a controlled range of motion, while the patient relaxes

Incision Care:

- 3 days after your surgery you may let shower water run over incision (no soaking).
- After 3 weeks, you may submerge the incision in a soaking manner.
- If steri-strips were applied, these will fall off on their own

Discharge

- Plan to leave same day or day after surgery
- This will lower risk of infection
- May see increase in financial responsibility with increased duration of stay