

# Total Knee Replacement Activity Guidelines

Weight-bearing status: \_\_\_\_\_

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Continue to use the following guidelines until your doctor tells you otherwise.

## Lying

- **Avoid** placing pillows under your operative knee.
- Elevate leg by placing pillows under your entire leg and foot to reduce swelling.

## Sitting

**Avoid** sitting for long periods of time (more than 30 to 60 minutes) in one position. Get up and move around.

## Walking

- Continue to use your walker, crutches, or cane until your doctor tells you otherwise.
- Wear well-fitting shoes with non-skid soles.
- Take short, frequent walks.
- Be careful on uneven ground or wet surfaces.
- Maintain your weight-bearing status as instructed until your doctor or therapist tells you otherwise.
- **Avoid** pivoting or twisting on the operated leg.

## Bathing

You may use a walk-in shower. Otherwise, take sponge baths or purchase a tub bench.

## Exercising

Continue to perform your exercises until your doctor or therapist tells you otherwise.

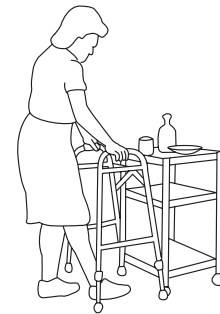
## Dressing

Sit down when passing clothing over your feet.



## Household chores

- **Avoid** kneeling or squatting.
- Use a rolling cart to transport items.



## Riding in a car

- **DO NOT** drive until your doctor says you may.
- **Avoid** long car rides (more than 30 to 60 minutes). Stop, get out, and walk around before continuing your car trip.

## Sexual relations

**Do not** feel that you have to avoid sexual relations. Discuss this with your doctor or therapist.

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For help in finding a doctor or health service that suits your needs, call the UPMC Referral Service at 412-647-UPMC (8762) or 1-800-533-UPMC (8762).

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