

Total Knee Replacement Precautions



Do not rest with knee in bent/flexed position

Do not kneel on the surgical knee until cleared by surgeon

Do not twist/pivot on the surgical leg until cleared by surgeon

Place a pillow/towel roll only under the ankle/heel to elevate the surgical leg and maintain a straight knee when resting

Walk every single hour that you are awake with approved assistive device

You are able to place _____ through your surgery leg

Stair Negotiation:

Ascending – go up the stairs with the good/strong/non-surgical leg first

Descending – go down the stairs with the bad/weak/surgical leg first

Use railing(s)/grab bar(s) if one or both are available

If using a cane on the stairs, the cane will move last (after both your legs) when ascending and the cane will move down first when descending

Negotiate the stairs one step at a time until cleared by PT or your surgeon