

Occupational Therapy following Total Knee Replacement

What is Occupational Therapy?

Occupational therapy (OT) is a therapy provided by occupational therapists that helps an individual develop skills that will aid in daily activities and promote independent living.

Your therapist will instruct you on the following during your hospital stay:

Lower body dressing

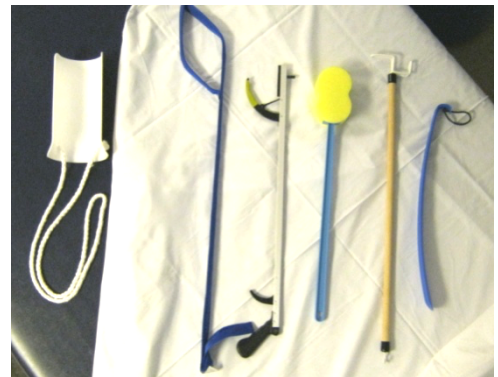
Sitting

Standing

Bed transfers

Bedside commode transfers

Tub bench/shower transfers



Equipment that may be recommended for home:

Walker

Bedside commode

Tub bench/shower chair

Leg lifter

Adaptive equipment for lower body dressing



Important information to remember:

1. Always dress the surgical side first when putting on pants
2. Always lead with the walker and then the surgical leg out in front of you
3. When attempting to sit or stand, always extend the surgical leg out in front of you
4. Push up from the hand rails of the chair/bedside commode when standing
5. Always reach back for the hand rails of the chair when sitting
6. When backing up to a chair, bring the non-surgical leg first