

When can I start?

Driving	Discuss with consultant
Work	Discuss with consultant, depends on job.
Swimming	Crawl 6 weeks. Breast stroke 12 weeks.
Exercise bike	2 weeks post op.

If you have any questions regarding any of the advice included in this leaflet please do not hesitate to contact the physiotherapy department on **0114 263 2112**

For advice on how long to wear your stockings please contact the nursing staff on **0114 263 2176**



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Knee Replacement Class

Physiotherapy Advice



Welcome to exceptional healthcare



PART OF ASPEN HEALTHCARE

What is the knee class?

The knee class is an important part of post-operative rehabilitation following your joint replacement. Once you have seen a physiotherapist in the outpatient department, they will determine your suitability for the class and book you an appointment to attend.

The class is based in the physio gym and there are normally 4-6 people in each class. You will be performing a number of exercises which aim to improve your strength, balance and function as well as your overall confidence in your new knee joint. There will be a qualified physiotherapist present throughout the class to offer you guidance and answer any questions you may have.

In order to make progress with your knee **you must regularly perform all the exercises you have been given in the class at home.** If you are struggling to do this please inform the physiotherapist.

How long is the knee class and how many do I need to attend?

The class lasts for around 1 hour and whilst there is no set number of classes to attend, most people come for 2-3 classes at 2 weekly intervals. The class appointments will be booked by your referring physiotherapist in outpatients and any additional classes can be arranged by the physiotherapist in the gym.

What do I do if I am unable to attend a class?

If you are unable to attend an appointment in the class, you should contact the physiotherapy department on **0114 263 2112**. If you fail to attend an appointment without letting us know, you may be discharged.

What do I wear? Do I need to bring anything with me?

Wear comfortable clothing and sensible shoes, you only need to bring the walking aids you are using. Please leave any unwanted walking aids in the gym. There will be water available in the class, but feel free to bring your own bottle. Adequate hydration is important with any exercise.

Where do I go on the day?

The classes are held in the physiotherapy gym in the Claremont Private Hospital. You should report to **main reception on the ground floor** and await instruction from the receptionist on how to get to the gym. Visitors attending with you are asked to wait in the waiting area as they are not permitted in the gym.

Should I be aware of any further complications that can occur?

If you have any calf pain which is worse when walking, raised temperature, breathlessness, severe worsening of knee pain, **contact your GP/consultant** as this may be sign of a deep vein thrombosis.

If you have any problems with your wound, you should contact your GP or Claremont Outpatient department.

Knee Class Appointments			
Class 1	Date	Day	Time
Class 2	Date	Day	Time