

# Knee replacement exercise classes

## Halton Physiotherapy Outpatients

Information for patients and carers

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Caring for you

## What are knee replacement exercise classes?

These are exercise classes run by the Physiotherapy team after a knee replacement.

The classes can help you:

- get stronger and move more easily
- improve your fitness
- reduce pain and stiffness
- improve your balance and confidence
- move about more easily, including walking and climbing stairs
- return to work, hobbies and sport
- learn which exercises are right for you

## Who are the classes for?

These classes are for people who have recently had knee replacement surgery and have similar goals.

You should be able to:

- follow instructions
- exercise safely in a group
- attend each class
- take some responsibility for progressing your exercises

We can usually adapt exercises to suit you. Please tell us if you need us to do this.

If you need extra support, we may recommend a different type of treatment.

Please tell us before the classes start if you:

- need any adjustments
- would like a chaperone to be present

## What happens at a class?

### Check-in

We may ask you:

- how you have been since your last class
- if anything has changed, such as new symptoms or changes to your medicine

## **Warm-up**

You will start with gentle movements to warm up your body.

## **Exercises**

We will give you exercises to help you meet your goals.

These may help improve:

- strength
- movement
- balance
- coordination

As you improve, we may make exercises harder by changing:

- the resistance
- how many you do
- how long you do them
- the support you need
- how you do the exercise

## **Home exercises**

We may give you exercises to do at home between classes.

## **What to wear and bring**

Please wear:

- clothes you can easily move about in, such as a t-shirt and shorts or leggings
- supportive footwear such as trainers

Please do not wear:

- open-toe sandals
- high-heeled shoes

Please bring:

- a cold drink (we have water if you forget)
- reading glasses if you wear them, as you may need to read and fill out an exercise sheet
- any inhalers, GTN spray or other essential medicines you may need during the class

## What you need to know

Please:

- arrive on time so we can complete safety checks and start together
- tell us about any changes to your health
- exercise at a pace that feels comfortable for you
- take breaks when you need to
- follow the instructions and ask questions if you are unsure
- be respectful to other patients and staff
- keep phones on silent

To protect everyone's privacy, please do not:

- share information about other patients
- take photographs
- record video
- record audio

## Important information

Please tell us if you have:

- new pain
- chest pain or tightness
- numbness or tingling
- dizziness
- breathlessness

Please also tell us if you have recently:

- fallen
- been unwell
- had new surgery

## How should I feel after exercising?

It is normal to feel:

- your muscles working during exercise
- mild discomfort during or after exercise

This is very common when building strength.

Any discomfort should ease within 1 to 2 days.

If symptoms do not get better within 2 days, or you are worried about new symptoms, call us on 01928 753206.

If you start to feel unwell, seek urgent help through NHS 111 or call 999 in an emergency.

## **If you cannot attend**

Please call us on 01928 753206 as soon as possible so we can offer your place to another patient.

Please **do not attend** if you have:

- vomiting
- diarrhoea
- a fever
- an illness that could spread to other people

## **What if I arrive late?**

You may not be able to join the class if it is not safe to do so.

## **What if I miss appointments?**

If you miss appointments without letting us know, we may discharge you back to your consultant or GP.

## **Class details**

### **Where are the classes?**

Halton Hospital Physiotherapy Department  
Hospital Way  
Runcorn  
WA7 2DA

### **How long are the classes?**

Classes last 45 minutes to 1 hour.

### **How many people are in each class?**

There are usually 6 to 8 people in each class.

### **Who leads the class?**

A physiotherapist leads the class. A physiotherapy assistant may lead the class with support from a physiotherapist.

## How often are classes?

Classes take place once a week or once every 2 weeks, depending on your needs.

## How long will I need to attend?

You will attend until you have reached your goals and can manage your exercises on your own.

Most people attend between 2 to 6 classes.

## What happens when the classes end?

We will review how you have done and agree the next steps with you.

This may include:

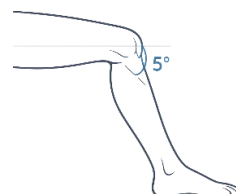
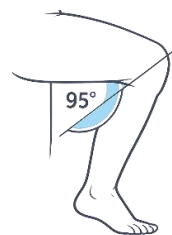
- continuing your home exercise plan
- advice on staying active
- a further review appointment
- referring you to another service
- referring you to a different exercise programme in your local area
- discharge from physiotherapy

Please ask us about local services that may be available.

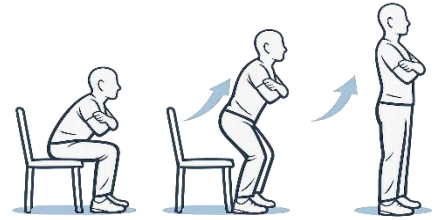
## When can I start exercising on my own?

You may be ready to continue exercising on your own when you can

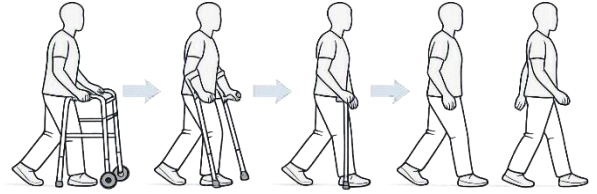
- bend your knee to at least 95 degrees
- straighten your knee so it is within 5 degrees of being fully straight
- do a straight leg raise



- stand up from a chair without using your hands



- reduce your use of walking aids



You should be able manage and progress exercises safely.

After discharge, you will have an open appointment for 3 months.

We will only see you again if you contact us to arrange a review.

## What happens if I do not reach my goals?

Everyone recovers differently.

In most cases, movement will improve over time.

If needed, we may ask you to contact your orthopaedic consultant or specialist for advice.

## Contact us

### Physiotherapy outpatient service

Halton Hospital Nightingale Building  
Call: 01928 753206

Captain Sir Tom Moore (CSTM) Building inpatient ward  
Call: 01928 793774