

Knee Replacement Class

Patient Information Leaflet

Liverpool University Hospitals

NHS Foundation Trust

Physiotherapy Department

Lower Lane

Liverpool L9 7AL

[Tel:0151-529-3335](tel:0151-529-3335)

Introduction

On discharge from hospital you will be referred to the knee replacement class.

What is the purpose of this class?

- To assess and treat your knee following your knee replacement
- To teach you rehabilitation exercises to do independently at home
- To educate and guide you through the recovery process

The class aims to assist you in improving:

- the movement of your knee
- the muscle strength around your knee
- your general capacity to manage everyday activities

Where does the class take place?

Dependent upon where you live this this will either be:

Therapies Outpatient building at Aintree or **Orthopaedics Department** at Broadgreen

When is the class?

Aintree on Thursday evenings between 4.30p.m. – 6.30 p.m. and Friday mornings between 9.45 a.m. and 12.30pm.

Broadgreen on Tuesday and Friday mornings between 10 a.m. and 12.30 p.m.

Your physiotherapist will decide how many sessions you will be required to attend.

How long does a class last?

Typically 45-60 minutes.

What do I wear?

- Ideally **non-slip footwear** such as trainers.
- Loose fitting clothing (so that you can exercise comfortably and so that we can easily examine your operated knee each time you attend), e.g. shorts/loose tracksuit bottoms.

Unfortunately there are no lockers to store your belongings in so please do not bring valuables with you.

Attending for the first time?

It is important to attend your physiotherapy appointments.

On each visit please check in at the main reception desk and take a seat in the waiting area.

At the appropriate time we will call you through to the gym.

What does the class involve?

On your first visit you will be inducted and assessed by a physiotherapist.

As this is an exercise based class **if you have any ongoing or new health concerns please highlight and discuss these with a physiotherapist when you attend.**

On your first visit you will also be provided with a patient information booklet.

This will contain advice about symptom management and things to be aware of after your knee replacement.

It will also contain some basic and advanced exercises for you to work on at home.

During the class you will be expected to perform some of these exercises alongside the rest of the group under the supervision of the physiotherapists.

They will guide you as you complete these exercises and monitor your technique and prompt you if required.

In certain circumstances a physiotherapist may perform manual (hands-on) treatment with you but only if they deem it necessary.

In rare circumstances you may also require additional one-to-one physiotherapy sessions and these appointments will be arranged for you if necessary.

When the class finishes

During each visit you will be advised when to book your next class appointment.

You must then book this appointment at the reception desk before you leave the building.

If you cannot attend an appointment

Please contact the department reception to re-arrange your appointment as soon as possible on 0151 529 3335.

Ambulances

If you are planning to arrive by ambulance services, we suggest that you are ready for them to collect you at least one hour prior to the arranged pick-up time.

Do not worry if there is a delay as the ambulance services may have difficulty in keeping to specific times due to variable demands.

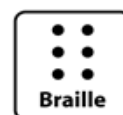
If you arrive late due to a delayed ambulance pick up, we will still do our best to make sure you are seen.

If your ambulance fails to arrive as scheduled please phone the department on 0151 529 3335 to notify the physiotherapists and to discuss your appointment options.

Please note: ambulance services are very much in demand.

For this reason we kindly request that you please use this service only if you feel it is necessary and only for as long as you feel it is necessary.

If you have any problems or questions relating to what is discussed in this leaflet, please contact the physiotherapy department on 0151 529 3335 and ask to speak to any of the senior physiotherapists who work in the knee replacement class.



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

Tel No: 0151 529 2906

Email: interpretationandtranslation@aintree.nhs.uk