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Instructions after Total Knee Replacement by Dr. Harwin

To the Physical Therapist:

*Please direct most of your efforts to increasing the range of motion.
Dr. Harwin encourages return to normal activities as soon as possible.*

- Try to resume a normal walking pattern as soon as you can
- You may put as much weight on the leg as you feel possible
- Switch to a cane as soon as you are comfortable and secure
- You may go outside and resume normal activities as soon as you can

For the first 6 weeks after your surgery...

- The most important part of physical therapy is to...
 - achieve extension of 0° (the knee must straighten fully)
 - and to get more than 90° of flexion (to bend more than a right angle)
- Never put a pillow under the knee...put a rolled towel under the ankle
 - We want the knee as straight as possible, but also you must...
 - Bend the knee past a right angle several time a day
- Do not begin exercises with weights until told to do so by Dr. Harwin
- ***Physical Therapist: Call Dr. Harwin if motion is not achieved***

For any questions or clarifications, call Dr. Harwin's office