

# Total Knee

## AFTER KNEE SURGERY

### Getting Dressed

If you are unable to reach your feet within total knee precautions use the following adaptive equipment:

**Sock Aid:** used to assist with putting on regular or compression socks.

**Reacher:** used to extend reach to take off socks and to assist with getting pants/undergarments on and off.

**Long Handled Shoe Horn:** used to assist with getting shoes on and off.

**Dressing Stick:** is used to assist with pants, socks and ted hose.



*Sock Aid*



*Putting sock on with  
Sock Aid*



*Long Handled Shoe Horn  
Dressing Stick Reacher*

### Bathing

Extended tub benches are recommended for getting in and out of a bath tub. You can sit on the bench and then lift legs into the tub to increase ease and safety when getting into the tub. When getting out of the tub lift your legs over the outside of the tub. Scoot to the edge of the bath bench and push up with one hand on the back of the bath bench while holding on to grab bar or seat of the bench. Balance yourself before reaching for the walker. When done bathing it is recommended that you dry your feet off and put on slippers prior to getting up and walking.

### Use the following adaptive equipment:

**Shower chair:** recommended for use with walk in showers.

**Tub Bench:** can be used in a tub shower for safe transfer while showering.

**Long Handled Sponge/Loofah:** allows you to reach and clean feet and lower legs without bending.

**Hand Held Shower Hose:** allows you to remain seated while bathing and increases safety.

**Installed Grab Bars:** increases safety and stability while bathing and transferring in/out of shower.



*Shower Chair*



*Tub Bench*

## Using the Bathroom

Higher toilet seats will be easiest to transfer to/from, as long as your feet can still reach the floor. Raised toilet seats can be added to low toilets to reach the height that is best for you. Raised toilet seats with armrests are available to assist with transfers if grab bars are not available in the bathroom. Toilet rails (grab bars that attach to the toilet seat) can also be used when the toilet height does not require adjustment. Commodes are another option to increase toilet height and provide armrests.

If using a toilet seat without arm rests always have one hand on a stable surface (grab bar, vanity, seat of toilet) to safely transfer on/off of the toilet.

## Sitting

It is helpful to have a chair picked out that is firm and has armrests to assist with getting in and out of the chair. Avoid soft couches/recliners as well as rocking/glider chairs and those with wheels to increase ease and safety of transfers.

## Getting into and out of the Car

1. Push the seat all the way back; recline it if possible, but return it to the upright position for traveling.
2. Place a plastic trash bag on the seat of the vehicle to help you slide and turn toward the front.
3. Back up to the car until you feel it touch the back of your legs.
4. Reach back for the seat and lower yourself down. Keep your operated leg straight out in front of you and duck your head so that you don't hit it on the door. It may be necessary for you to lift your operated leg into the vehicle with your hands.



Avoid sports cars or cars with bucket seats because of low seat height. Also avoid high trucks that require a step up or use of a running board for accessibility.

**No driving until permitted by your surgeon!**

## NOTES

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