

# Total knee replacement (TKR) class information

This leaflet explains more about the total knee replacement (TKR) class at Guy's Hospital.

If you have any further questions, please speak to the physiotherapist caring for you.

## What is the TKR class?

Physiotherapy is vital to your recovery following your TKR. The TKR class is a physiotherapy-led exercise class specifically designed for people who have recently undergone a TKR. The class aims to improve your range of movement, knee strength, balance, knee control and function.

You will attend the class once a week with each class lasting approximately one hour. On your first session you will be asked to attend at 10am on a Wednesday or 9.45am on a Friday so that you can be assessed by the class physiotherapist. This session will include some tests to look at your knee mobility, muscle strength and walking ability as well as discussing any problems you may have had since being discharged from hospital. Your physiotherapist will also help you to identify any specific goals you might have.

Following your initial assessment you will attend the class once a week, on Wednesdays or Fridays. You will begin by attending the Early Class, which starts at 10.30am and focuses on range of movement. When you are ready you will progress to the Advanced Class which starts at 11.30a.m. and focuses on strength and function. At the end of your rehabilitation, we will do the tests again to assess the progress you have made.

## What does the TKR Class involve?

The class begins with gentle warm-up exercises led by a member of the physiotherapy team. After the warm-up, you will complete an exercise circuit where you can exercise at your own pace, under the supervision of the physiotherapy team. The class then finishes with a gentle cool down and some stretches. You may have increased swelling and soreness after your first few classes – this is normal after a TKR operation when exercising. The following information may help you to manage this:

**Swelling:** To reduce swelling in your operated leg you should rest with your leg elevated for one to two hours at a time, once or twice a day. Use pillows or cushions to ensure your foot is above the level of your knee and your knee is above the level of your hip. When resting your leg, make sure that your knee is in a straight position. Do not be tempted to put pillows under your knee to make it more comfortable as this may cause longer term issues with being able to fully straighten your knee. Use your Cryocuff or ice pack that you were given in hospital for 15-20 minutes, three or four times a day.

**Pain:** It is important to keep your pain well-controlled as this will allow you to move around and complete your exercises. If your pain is not controlled, it may delay your progress. Therefore, if you need to, please continue to take your pain medication or seek advice from your GP if your pain medication is not working for you. If required the physiotherapy team can also liaise with your GP.

## **Do I do the exercises at home?**

To get the maximum benefit from the class and optimise your recovery, it is important that you also complete the exercises at home on a daily basis. The exercises in the class are designed so that this is possible.

## **Who can use the service?**

The service is available to all patients who have undergone a TKR at Guy's Hospital. The physiotherapist treating you on the ward will refer you to the class.

## **Where do I need to go?**

The class takes place in the **Therapies Rehabilitation Unit** in the basement of Guy's Hospital (Tower Wing). Once in the basement, follow the signs for the **Therapies Rehabilitation Unit**. Please be on time.

## **Does it cost anything?**

The class is free for NHS patients.

## **What should I wear?**

Please wear loose clothing and comfortable flat shoes for the class. Shorts or wide trousers are preferred as they allow your physiotherapist to assess your knee. If you have any special requirements, please discuss these with the physiotherapists prior to the class. Single sex changing facilities are available.

## **What do I need to bring with me?**

If you use an inhaler, GTN spray or other medication, please bring these with you and tell the physiotherapist that you may need to stop and use these. Water is provided for you in the class. If you do not speak English as a first language or have any communication difficulties please bring a family member to assist, or speak with your ward physiotherapist about arranging an interpreter.

## **What if I am unable to attend?**

If you are unable to attend then please inform one of the class physiotherapists on **020 7188 5108 during class times** (10am–12.15pm) or phone the physiotherapy outpatient reception on 020 7188 5103. **If you miss more than two sessions without notifying the department then you may be discharged from the class.**

## Hospital transport

If you are eligible for hospital transport and are using this service to attend the class, please book transport to arrive for **30–45 minutes** before the class is due to start to ensure that you arrive in plenty of time. If you arrive via hospital transport then a porter should be able to take you to the class. We do encourage people to walk back to transport after the class as part of regaining independence – if you are unable to do this or need assistance please let us know. The telephone number for hospital transport is 020 7188 2888.

## Contact us

If you have any questions or concerns about the class, please contact the Physiotherapy Outpatient Department on 020 7188 5099 (Monday to Friday, 8am to 5pm).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

## Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

## Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) e: [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

t: 020 7188 3514 (complaints) e: [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

## Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 e: [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

## NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

## NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: [www.nhs.uk](http://www.nhs.uk)

## Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

t: 0800 731 0319 e: [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk) w: [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

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