

Exercise class for TKR or THR

Information for Beckenham Beacon patients

This leaflet is for patients who are attending exercise classes following a total knee replacement (TKR) or total hip replacement (THR). If you have any concerns or questions, please speak to the team caring for you.

What does the class involve?

This class is for people who have had either knee or total hip replacement surgery.

The aim of the class is not only to provide exercise after your operation, but to give you the confidence and knowledge to manage a successful recovery and guide your return to the activities you regularly do (often for work) or enjoy.

The classes are run by two physiotherapists. They run for one hour and involve a circuit of exercises.

The first class involves an introduction and assessment, and you will be asked to fill out some paperwork, so please bring glasses if you require them.

How many weeks will I attend the classes for?

Everyone is different. Some people may only need to attend 1 to 3 classes, while others may need to attend the **maximum number of 6 classes**.

What should I wear?

Please wear loose clothing (shorts or wide trousers are preferable) and comfortable, flat shoes with a grip.

What should I bring with me?

If you use any medication while exercising such as an inhaler, GTN spray or other medication, please bring these with you. Inform the physiotherapist that you may need to stop and use these. We do not have a water station in the gym, so please bring your own bottle of water. Do not worry if you forget your bottle of water, we will be able to provide you with tap water.

This is a busy class, so friends and family members are advised to remain in the waiting room during the class.

What should I do while waiting to join the class?

There could be a wait of a few weeks after your surgery before you start the class. While you are waiting, it is essential and beneficial to continue with the exercises you have been given in hospital.

Swelling is normal after surgery and may last for up to 12 weeks. Raising the operated leg and using ice packs will help improve this. However, if you notice a sudden increase in leg pain and swelling and/or the surgical wound is redder or hotter than normal, contact your GP or the orthopaedic team that performed the surgery for an urgent appointment.

Pain is normal after surgery and usually lasts for a minimum of 6 weeks after the operation. It is important to keep your pain well controlled as this allows you to move around and complete the exercises regularly. If your pain is not controlled, it may delay your progress and recovery. If you need to, continue to take your pain medication, and please get advice from your GP if the medication is not working for you.

What if I can't attend a class?

If you are unable to attend a class please contact Beckenham Beacon on 01689 866660 or email kch-tr.beck-therapy@nhs.net. If you fail to attend 2 classes without informing us beforehand, you will be discharged from the class. This is Trust policy.

What should I do alongside the class?

The biggest improvements in hip or knee strength and function happen in the first 6 months after the surgery if you complete your exercises regularly. Getting your movement back early is key to a good result, so keep doing the exercises provided in hospital. The evidence, however, shows it often takes 1 year for the new joint to fully recover and the pain to improve significantly – it does take time.

Use of gym equipment, swimming, aqua aerobics, cycling, exercise classes, tai chi and pilates are safe and beneficial usually within 2 to 6 weeks of your operation (if the surgical wound has healed). They are helpful to the long-term success of your operation.

Location

Therapy Suite, 1st Floor, Beckenham Beacon Hospital, 379 Croydon Road, Beckenham, Kent BR3 3QL

Date:

Time:

Feedback on the class

“I feel more confident to manage my recovery from my knee replacement.”

“The class helped me get back to walking without crutches.”

“The class has helped tremendously, I feel much more confident and my pain is a lot better.”

“The therapists running the class are very encouraging and it's really helpful to meet other people who've had similar surgery.”

“Very nice environment and helpful therapists, who have given me confidence to continue with exercise independently.”

“My confidence going up and down the stairs has really improved thanks to the exercises and advice in the class.”

Sharing your information

King's College Hospital NHS Foundation Trust has partnered with Guy's and St Thomas' NHS Foundation Trust through the King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas' hospitals. King's College Hospital and Guy's and St Thomas' NHS Foundation Trusts share an electronic patient record system, which means information about your health record can be accessed safely and securely by health and care staff at both Trusts. For more information visit www.kch.nhs.uk.

Care provided by students

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams. The PALS office is in the main hospital foyer at PRUH and they would be happy to advise you.

PALS at Princess Royal University Hospital, Farnborough Common, Orpington, Kent BR6 8ND

Tel: 01689 863252

Email: kch-tr.palspruh@nhs.net

If you would like the information in this leaflet in a different language or format, please contact our Communications and Interpreting telephone line on 020 3299 4826 or email kch-tr.accessibility@nhs.net