



COMPASSION AT EVERY STEP



Quick Recap

Swelling control, knee bending exercises, and safe ADLs restore walking and household independence.

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SPEAK WITH OUR TEAM

PHONE

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HOURS

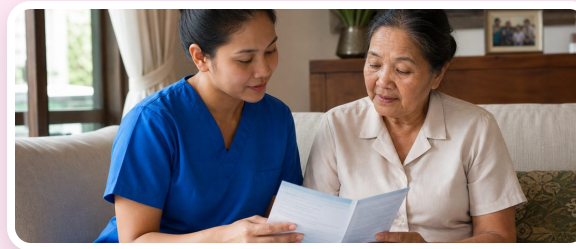
9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.



A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

“With the right support, daily life stays comfortable, independent, and full of the things you love.”

Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



Scan with your phone camera · tap the link.



COMPASSION AT EVERY STEP

Total Knee Replacement

Post-Operative Orthopedic Mobility Guide



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

DAILY CARE



● Tips at Home

Practical day-to-day tips to keep recovery on track and make your daily care safer at home.

Build a calm daily routine — meals, medications, rest, and gentle activity at the same times each day. Note any changes and share them with your healthcare providers.

- ROM exercises: heel slides, knee bends, and long-arc quads per protocol.
- Strengthening: quad sets, straight-leg raises, and supported sit-to-stand.
- Ice the knee 15–20 minutes after exercise and several times a day; elevate above heart level.
- Avoid kneeling, deep squatting, or twisting on the knee until your surgeon clears it.

WATCH CLOSELY



● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Track pain, swelling, knee bend degrees, straightening, and walking distance.
- Screen calf pain, chest symptoms, fever, or incision drainage.
- Measure assistive device use and independence with transfers.

Good to know

- Damaged knee surfaces are replaced to reduce pain and improve glide.
- Many people resume walking with aids in days, then advance.

When to call: Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

STAY STRONG



● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- Perform prescribed home exercise program 2–3 times daily.
- ADLs: avoid kneeling and pivoting until cleared; turn feet together.
- Standing kitchen work with one hand on counter for balance.
- Ice the knee 15-20 minutes after exercise to reduce swelling.
- Gradual weaning from walker per therapist milestones.