

Contact Information

If you would like further information regarding your therapy or the class, please contact:

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Therapist

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St Helens and Knowsley
Teaching Hospitals
NHS Trust

Knee Replacement Class

Patient Information

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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What is the Knee Replacement Class?

As an important part of your rehabilitation following your knee replacement surgery, you are invited to attend the Knee Replacement Class to help you achieve the best outcome.

You will be invited to the class soon after discharge from hospital. At times, there may be a waiting list to join the class.

If so, you will be offered a 1:1 appointment whilst waiting for a space to become available in the class. This will be determined by your therapist.

You may still have stitches or staples in your wound when you attend the class. This should not stop you from participating.

The class will include:

- an assessment and discussion with the therapist
- a short questionnaire
- seated warm up exercises (in a small group setting)
- a circuit of different exercises to improve the movement, strength and function in your knee (in a small group setting) - the exercises will be similar to those you are completing at home
- You will also practice your walking and be progressed from mobility aids

It is essential to continue with your home exercise programme in addition to attending the class.

What should I bring to the class?

- You should wear comfortable clothing and flat supportive shoes that you can exercise in
- Any walking aids that you are currently using with you
- If you use inhalers or sprays for any medical conditions
- Glasses if you wear these for reading

Water is provided during the class. Please note, relatives are unable to attend the class however the waiting area is available.

Where will I attend the class?

The class is held in the: **Therapy Gym, Therapy Suite, Level One, Whiston Hospital.**

Please allow sufficient time for parking prior to the class start as the car parks can be busy.

When will I attend the class?

You will receive a letter inviting you to the class when a space is available (or a 1:1 appointment whilst awaiting this).

The initial class will last for approximately 1 hour in total as this will include your introduction session. Subsequent sessions will be half hour sessions.

You will be allocated a space in the class to attend **fortnightly for a maximum of 6 sessions**, depending on your personal goals, progress and stage of rehabilitation.

It is beneficial to attend all sessions but if you are unable to attend a class, please inform your therapist as soon as possible. If you miss a class you will not be able to add another session at the end.