

Orthopaedic Therapy Admin Team: 0151 430 1237

Do you want to comment or know more about Therapy Services? Please contact a member of our team: 0151 290 4352

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
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Hip/Knee Replacement Follow-Up Therapy

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.

What is Hip/Knee Replacement Follow-Up Therapy?

After your stay in hospital on the orthopaedic ward following hip or knee replacement surgery, you may have some muscle weakness and difficulty moving certain joints. You may be using walking aids such as crutches or a frame and be unable to walk as far as you normally would. You may also feel you are not back to your normal, day-to-day activities.

It can sometimes take weeks or months to regain movement, strength and mobility.

The role of the therapist is to provide follow-up input, to ensure your recovery continues after you leave the hospital. They will help you gradually return to doing as many of the things as possible, that you were able to do before you came into hospital.

What will my treatment include?

Your treatment may include the following:

- Providing you with exercises to strengthen your muscles, improve your joint movements or help with balance.
- Practice walking with new aids (a stick for example) and advice on building up your fitness.
- Practice getting around your home, as well as out and about.
- Practice getting back to every day tasks such as preparing meals and drinks.
- Advice and support on how and when to try new activities/old hobbies.

What happens next?

Your referral will be made for follow-up therapy when you are discharged from hospital.

We aim to contact you with an appointment date within two weeks of your discharge from hospital. Your appointment may be via telephone, in clinic or within your own home.

Type and frequency of your appointment will be determined by your therapist.

What do I do whilst waiting for Therapy?

- Continue with any exercises you were shown in hospital.
- Continue to follow any advice you were given during your hospital stay.
- If you have not been contacted with an appointment within 2 weeks of going home, please ring the phone number on the back of this leaflet.

What happens afterwards?

In some cases, your therapist may recommend a referral to other services to further support your progression. In each case, this will be discussed with you.

When you are discharged from the Orthopaedic Therapy service, you will be offered advice and education for ongoing self-management.