The first 20 weeks after joint replacement surgery

Postoperative rehabilitation and physiotherapy is beneficial after knee, hip, and shoulder arthroplasty. It is increasingly conducted in the community because of the short postoperative length of stay. There are, however, a number of restrictions for patients in the weeks following an operation.

**Wound care**

- Oozing normally ceases: 0–1
- Remove sutures: 1–2

**Post-surgical risk**

- Acute infection: 1–4
- Chronic infection: 4–20
- Joint dislocation: 0–20
- VTE (Venous thromboembolism): 0–12
- Soft tissue failure (TSR): 0–7

**Treatment/Management**

- Inpatient rehabilitation: 0–1
- Outpatient rehabilitation and exercises: 1–13
- Standard analgesia: 0–6
- VTE prophylaxis (TKR): 0–2
- VTE prophylaxis (THR): 0–4

**Restrictions**

- Return to work: 6+
- Driving: 6+
- Long or frequent flights: 0–12

**Encourage**

- Swimming
- Golf
- Aerobics
- Dancing
- Gentle walking
- Walking or hiking
- Cycling
- Light tennis

**Advise against**

- Contact sports
- Heavy labour
- Sports requiring twisting
- Impact exercises
- Running
- Sitting cross legged
- Kneeling
- Sports requiring throwing or similar motions

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