Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Total Knee Replacement- Education Group

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Total Knee Replacement Education Group

Patient Information

MSK (Musculoskeletal) Therapy Services Education Group

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What is the Education Group?

The education group at Wrightington Hospital has been specifically designed for those patients who are undergoing total knee replacement surgery for the first time. In a small class environment, our specialised therapy team provide patients with an opportunity to learn about the various stages of knee replacement surgery.

Upon arrival at the hospital for the education group, patients are asked to attend a short one-to-one consultation beforehand. During this appointment, a member of the therapy team will discuss your home environment and personal circumstances. You will be shown a set of exercises that are beneficial to practise prior to surgery. These specific exercises help to strengthen the leg muscles and therefore aid recovery.

Following this consultation, a small group of patients will then be shown a group presentation, delivered by a member of the enhanced recovery team. The presentation will cover various topics relating to total knee replacement surgery, and at the end of the presentation, there is an opportunity to ask any questions that may arise.

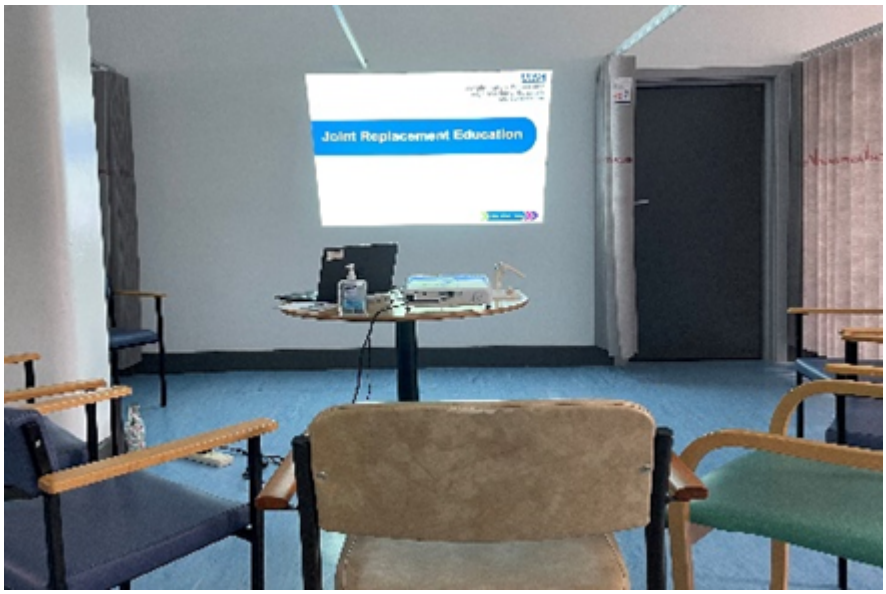
What are the benefits of attending the education group?

Attending the education group provides patients with an invaluable opportunity to meet some of the staff who they will have interactions with on the ward post-surgery. It also provides us as a therapy team with an opportunity to get to know you as a patient and therefore provide you with the best possible service that we offer.

The education group is recommended and endorsed by our team of renowned orthopaedic surgeons as an integral part of the total knee replacement programme.

Here at Wrightington we are strong advocates that those patients who attend this pre-surgery education group can go on to achieve the best possible outcome from their surgery.

We look forward to meeting you during your total knee replacement journey.



Topics covered during the education group:

- How infection prevention is managed
- How to prepare for admission to hospital
- The theatre journey

- The recovery process
- What to expect following surgery
- The various methods of pain relief
- Methods of blood clot prevention
- Expected length of stay and an explanation of what to expect on each day
- Aftercare, including medication and removal of sutures
- How to prepare for discharge home, so that the transition is smooth and safe
- Questions & Answers

Meet the therapy team who will be involved with your care and recovery

Occupational Therapists

Occupational Therapists use various means of assessment and intervention to develop, recover, or maintain the meaningful activities of daily living for patients. They show patients how to complete practical tasks after surgery, sometimes with the aid of certain pieces of equipment, so that personal independence is maintained where possible.

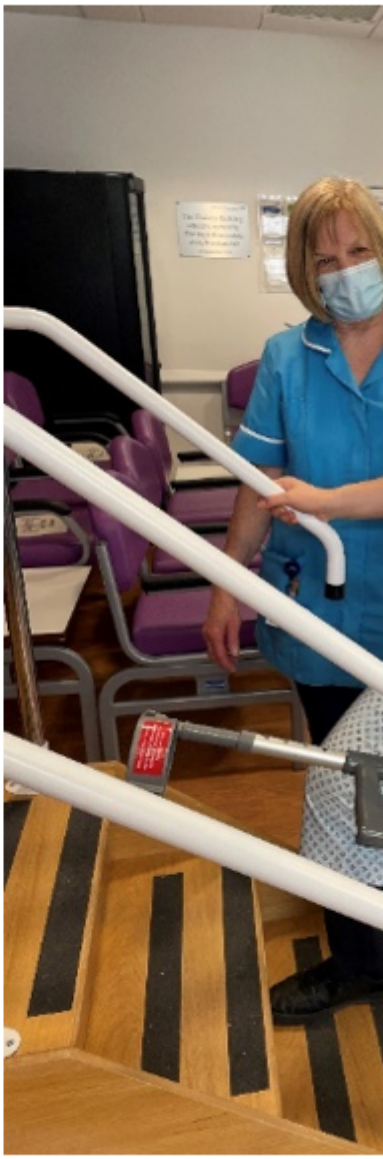
Physiotherapists

Physiotherapists will help patients to restore movement and function after surgery. In line with post-operative guidance, the team of physiotherapists provide a tailored approach to exercise and physical activity. The team will encourage better movement of the body and assist with the initial stages of physical rehabilitation.

Therapy Practitioners and Assistants

This team is involved in getting patients out of bed for the first time after surgery. They will evaluate progress and liaise with the senior therapy team as required. They ensure that patients are competent when using any prescribed appliances before discharge.





Contact details

Therapy Department

Telephone: 01257 256306 or 01257 256307

Email: wwl-tr.ipwton@nhs.net

08:00 – 17:00 Monday to Sunday



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