

# Total Knee Replacement Education Group

## Patient Information

MSK (Musculoskeletal) Therapy Services Education Group



The Patient Information Leaflets page on the Trust website is available on the link:  
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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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 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
- Q&A's

## **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](mailto:wwl-tr.ipwton@nhs.net)

Please use this space to write notes or reminders.

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## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

## Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager  
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust  
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Wigan  
WN1 2NN

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## Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



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## How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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