

Welcome to your pre-admission Rehabilitation information for your total knee replacement. Most of the necessary information is contained within this document or in the provided links. Please review all information as well as watch the videos, paying particular attention to the Knee Precautions and Before Surgery sections. We will have an Occupational Therapist or Physiotherapist follow up with you via phone call prior to your surgery to review your individual home setup, equipment needs and answer any questions you may have.

- Before, During and After Total Joint replacement provincial OASIS booklet:  
<https://vch.eduhealth.ca/PDFs/FB/FB.130.B393.pdf>

Most patients require **equipment** to assist them during recovery. Typical equipment required after a knee replacement includes:

- 2 wheeled walker
- Crutches (if you have stairs)
- Pair of canes (although you can wait on this item until you progress with outpatient physio post-op)
- Raised Toilet Seat
- Toilet Safety Frame
- Shower Chair (if you use a walk-in shower) or Tub Transfer Bench (if you use a bathtub)
- Long handled reacher, long handled shoe horn, sock aid (all optional, but may come in handy if you have short arms or lots of swelling post op)

**Rent, Purchase or Borrow from (recommended option):**

- Medical equipment suppliers – A list of suppliers in the Fraser Health Region is attached, as well as more specific local Langley information.
- Pharmacies and department stores - Purchase only.
- Extended health benefits, Veterans Affairs and Provincial-Persons with Disability (PWD) and Persons with Persistent Multiple Barriers (PPMB) may cover rental or purchase costs. Contact them directly.
- ICBC, WorkSafe BC.
- Friends and family.

**Medical Equipment Provision Program (MEPP):**

- Formally known as the Canadian Red Cross–Short Term Loan Program. You may be able to borrow equipment for up to 3 months but will require a Health Care Professional referral, and should be used when above options are not available. Please check in with the Occupational Therapist during your one to one phone call if you need to obtain equipment through the MEPP referral/Red Cross program. Locations, hours and supplies have been limited during COVID-19.

Please bring the following items to hospital with you:



- Supportive shoes like running shoes
- Loose fitting clothing

Two items you will need for your Physio exercises:

- Exercise 4: A roll to go under your knee (for example a coffee can or rolled up yoga mat).
- Exercise 3: A board to slide your leg on (for example a piece of plastic or crazy carpet sledding material). If these are not available talk to your inpatient therapist post surgery for other options.

Important Note: you will be unable to drive for approximately 6 – 8 weeks after surgery. Please arrange for **transportation** to and from any appointments you may have post-op.

If you have further questions after your one to one OT phone call, please reply to the email that they will be sending you or call the OT department at 604-514-6000 extension 745285.



**Bath Transfer Bench**



**Bath Board**



**Shower Chair**



**Clamp-on Grab Bar**



**Toilet Safety Frame**



**Commode Chair with Wheels**



**Raised Toilet Seat with Arms**



**Raised Toilet Seat without Arms**

# Knee Replacement Surgery

## Online Resources

Before your surgery, read and view these online resources for your knee replacement.

Scan QR Code  
to resource

### Booklets

#### [‘Before, During and After Hip and Knee Replacement Surgery’](#)

This booklet describes what you can do before, during and after hip and knee replacement surgery including overview about hip and knee replacement, pain control, what to expect while you are in the hospital, caring for yourself at home, and available resources.



#### [‘Exercise Guide for Knee Replacement Surgery’](#)

Patients who prepare for surgery and take part in their care can recover in less time and with less pain. This guide has general information along with tips and goals for exercising before and after surgery.



### Videos

#### Joint Replacement

##### [Part 1:](#)

Preparing for Surgery.



##### [Part 3:](#)

Getting back on your feet.



##### [Part 2:](#)

A journey through the hospital



##### [Part 4:](#)

Pain Management.

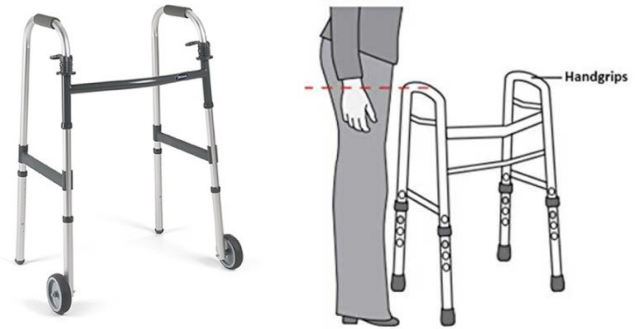


A QR code (short for ‘quick response’ code) is a type of barcode that you scan with your smart device’s camera. Once scanned, it takes you to that web page.

## Fitting Walking Aids

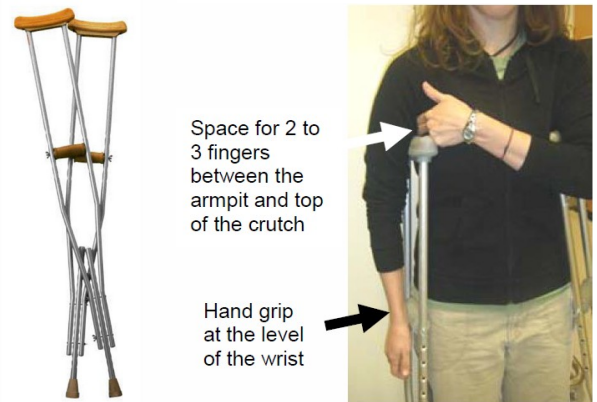
### 2 Wheeled Walker

- Before you start: Put on the shoes that you would normally wear when using the walker.
- Stand up straight and look ahead.
- Relax your arms by your sides.
- Lastly, adjust the height of the walker so that the top of the handle of the walker is level with your wrist joints.



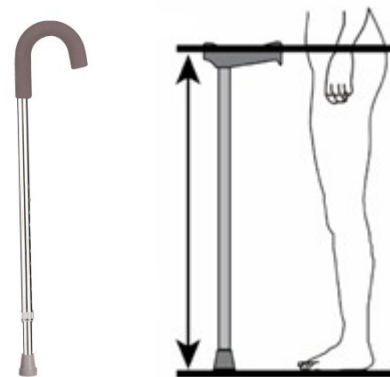
### Crutches

- Before you start: Put on the shoes that you would normally wear when using crutches.
- Stand up straight and look ahead.
- Raise or lower the centre posts so that you can fit two to three fingers between your underarm and the top of the crutch.
- AT NO TIME should the top of the crutch push into your armpit or should you lean on top of the crutches with your armpit, as you may damage the nerves situated there.
- Lastly, raise or lower the handgrips so that your arm bends slightly at the elbow.



### Cane

- Before you start: Put on the shoes that you would normally wear when using the cane.
- Stand up straight and look ahead
- Relax your arm by your sides.
- Lastly, adjust the height of the cane so that the top of the handle of the cane is level with your wrist joint.



# MEDICAL EQUIPMENT VENDORS

SUPPLIER	ADDRESS	PHONE
<b>1<sup>st</sup> Choice Mobility</b> <a href="http://www.1stchoicemobility.ca">www.1stchoicemobility.ca</a>	108 663 Sumas Way Abbotsford	604-850-2344
<b>Abbey Medical Supplies Ltd</b> <a href="http://www.abbeymedicalsupplies.com">www.abbeymedicalsupplies.com</a>	5 31813 South Fraser Way Abbotsford	604-850-1755
<b>BC Medequip Home Health Care</b> <a href="http://www.bcmedequip.com">www.bcmedequip.com</a>	2230 Springer Ave Burnaby	604-888-8811
<b>Burnaby Orthopaedic &amp; Mastectomy</b> <a href="http://www.burnabyorthopaedic.com">www.burnabyorthopaedic.com</a>	302 4900 Kingsway Burnaby	604-436-6092
<b>Crossroads Mobility Solutions</b> <a href="http://www.crossroadsmobility.net">www.crossroadsmobility.net</a>	110 9547 152 Street Surrey	778-395-2221
	1446 Johnson Road White Rock	778-291-1222
<b>Discount MediQuip</b> <a href="http://www.discountmediquip.ca">www.discountmediquip.ca</a>	45672 Airport Road Chilliwack	604-392-2929
*Gently used and new equipment		
<b>Direct Medical Supplies Inc.</b> <a href="http://www.directhomemedical.com">www.directhomemedical.com</a>	16354 18 Ave Surrey	604-531-3507
<b>HipSaver (Brown Healthcare)</b> <a href="http://www.hipsaver.ca">www.hipsaver.ca</a>	Online purchase for hipsaver hip protectors and headsavers	1-888-771-0977
<b>HME Mobility and Accessibility</b> <a href="http://www.hmebc.com">www.hmebc.com</a>	140 19288 22 Ave South Surrey	604-535-5768
	130 4011 Viking Way Richmond	604-821-0075
<b>Home2Stay</b> <a href="http://www.home2stay.com">www.home2stay.com</a>	148 West 6 Ave Vancouver	604-259-1211
<b>Lancaster Medical Centre</b> <a href="http://www.lancastermed.com">www.lancastermed.com</a>	101 13710 94A Ave Surrey	604-582-9181
	601 West Broadway Vancouver	604-873-8585
	203 6741 Cariboo Road Burnaby	604-708-8181
<b>Lifecare Medical</b> <a href="http://www.lifecare1.ca">www.lifecare1.ca</a>	3030 Lincoln Ave Coquitlam	604-941-5433
<b>Lighthouse Medical</b> <a href="http://www.lighthousemedicaltd.com">www.lighthousemedicaltd.com</a>	3 91 Golden Drive Coquitlam	1-866-506-5862
*hip protectors only		
<b>Macdonald's Home Health Care</b> <a href="http://www.macdonaldshhc.com">www.macdonaldshhc.com</a>	746 West Broadway Vancouver	604-872-5496
<b>Motion</b> <a href="http://www.motioncares.ca">www.motioncares.ca</a>	111 6360 202 Street Langley	604-530-1735
	101 8255 N Fraser Way Burnaby	604-516-0009

**NOTE:** This list of vendors is provided for your information only. While effort has been made to provide accurate info, no responsibility will be accepted for any errors or omissions. This list is not intended to promote any particular vendor, nor is it meant to be a comprehensive listing. Please verify information with vendors directly. No responsibility will be accepted for any arrangements made between the client or family and any vendor found on this list.



<b>National Seating and Mobility</b> <a href="http://www.nsm-seating.ca">www.nsm-seating.ca</a>	4 17675 66 Ave, Surrey 150 30583 Iron Mills Court, Abbotsford 114 1533 Broadway St, Port Coquitlam 48 East 6 <sup>th</sup> Ave, Vancouver 1340 Pemberton Ave, North Vancouver 101 8620 Glenlyon Parkway, Burnaby	604-574-5801 604-852-3191 604-944-9644 604-872-5800 604-990-9422 604-293-0002
<b>Next Day Access</b> <a href="http://www.nextdayaccess.com/vancouver-bc/">www.nextdayaccess.com/vancouver-bc/</a>  *stair/porch lifts, ramps, grab bar installation only		604-239-2413
<b>Regency Medical Supply</b> <a href="http://www.regencymed.com">www.regencymed.com</a>	4437 Canada Way Burnaby	604-434-1383
<b>Regional Disabled Persons Association Equipment Registry</b> <a href="http://www.vcn.bc.ca/~rdpalang/rdpa-registry.html">http://www.vcn.bc.ca/~rdpalang/rdpa-registry.html</a>  *links people who have equipment to sell with those wishing to purchase	2 20179 56 Ave Langley	604-533-2415
<b>Save on Scooters &amp; Medical Equipment Inc.</b> <a href="http://www.saveonscooters.ca">www.saveonscooters.ca</a>	15231 16 Ave Surrey	604-541-7550
<b>Shoppers Home Health</b> <a href="http://www.wellwise.ca">www.wellwise.ca</a>	135 12080 Nordel Way Surrey  202 370 East Broadway Vancouver	604-597-2097  604-876-4186
<b>Sidewinder</b> <a href="http://www.sidewinderconversions.com">www.sidewinderconversions.com</a>  *adapts vehicles	44658 Yale Road West Chilliwack	604-792-2082
<b>SilverCross</b> <a href="http://www.silvercross.com">www.silvercross.com</a>	101 8289 North Fraser Way Burnaby	604-326-1117
<b>South Surrey Medical Equipment</b> <a href="http://www.southsurreymedicaledgequipment.com">www.southsurreymedicaledgequipment.com</a>	930-15057 32 Ave Surrey BC	778-545-0102 778-837-6358
<b>Sunquest Mobility and Medical Equipment</b> <a href="http://www.sunquestmobility.com">www.sunquestmobility.com</a>	618 Sixth St New Westminster	604-968-5045
<b>Tri City Home Medical Equipment</b> <a href="http://www.tricityhomemedicaledgequipment.com">www.tricityhomemedicaledgequipment.com</a>	1110 1368 Kingsway Ave Port Coquitlam	604-945-0980
<b>The Foam Shop</b> <a href="http://www.foamshop.com">www.foamshop.com</a>  *Foam and fabric only	144 19653 Willowbrook Drive Langley  105 15355 Fraser Highway Surrey  5C 33655 Essendene Ave Abbotsford	604-534-3584  604-580-3626  604-859-3511
<b>The Rehab Shop</b> <a href="http://www.therehabshop.com">www.therehabshop.com</a>	7 45905 Yale Road, Chilliwack  1124 Boundary Rd, Burnaby	604-792-2002  604-434-8300
<b>Wheelchair Works</b> <a href="http://www.wheelchairworks.ca">www.wheelchairworks.ca</a>	5 33550 South Fraser way Abbotsford	604-674-0055
<b>Valley Evergreen Pharmacy</b> <a href="http://www.valleypharmacy.ypwebsites.ca">www.valleypharmacy.ypwebsites.ca</a>	20577 Douglas Crescent Langley	604-534-1332 604-534-9528

**NOTE:** Smaller items such as raised toilet seats, bath seats, walkers, canes, crutches and bed assist bars may also be found at local pharmacies or department stores.

Used equipment may be found at consignment stores, thrift stores, on buy and sell sites, or from family and friends. If you choose to purchase used equipment you are responsible to ensure that the device is in good working order.

## MEDICAL EQUIPMENT VENDORS Rental/Purchase Prices

SUPPLIER	2 Wheeled Walker		Crutches		Cane		Raised Toilet Seat		Toilet Safety Frame		Shower Chair		Tub Transfer Bench		Cushion
	Rent	Buy	Rent	Buy	Rent	Buy	Rent	Buy	Rent	Buy	Rent	Buy	Rent	Buy	Buy
<b>Motion</b> <a href="http://www.motioncares.ca">www.motioncares.ca</a> 111 6360 202 Street Langley 604-530-1735	\$15 per day or \$50 per month	\$169.95	\$30 per month	\$80 and up	N/A	\$20 and up	N/A	\$63.95 and up	N/A	\$75 and up	N/A	\$70 and up	N/A	\$169.95 and up	\$27.50 and up
<b>Murrayville Remedy's Rx Pharmacy</b> 102 22112 52 Ave Langley 604-534-6600	N/A	N/A	\$39.00 per month	\$39.00 and up	N/A	\$19.99 and up	N/A	\$36.00 and up	N/A	\$63.00 and up	N/A	N/A	N/A	N/A	N/A
<b>National Seating and Mobility</b> <a href="http://www.nsm-seating.ca">www.nsm-seating.ca</a> 17675 66 Ave Surrey 604-574-5801	\$55 per month	\$169 and up	\$35 per month	\$44 and up	N/A	\$37.71	N/A	\$47.69 and up	\$32 per month	\$69 and up	\$35 per month	\$65 and up	\$43 per month	\$169 and up	\$55.76
<b>Valley Evergreen Pharmacy</b> <a href="http://www.valleypharmacy.ca">www.valleypharmacy.ca</a> 20577 Douglas Crescent Langley 604-534-1332 604-534-9528	N/A	\$99.99 and up	N/A	\$39.99 and up	N/A	\$29.95 and up	N/A	\$52.99 and up	N/A	\$65.00 and up	N/A	\$54.99 and up	N/A	\$149.99 and up	\$59.99 and up
<b>The Foam Shop</b> <a href="http://www.foamshop.com">www.foamshop.com</a> 144 19653 Willowbrook Drive Langley 604-534-3584	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	\$55 and up

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# HEALTH EQUIPMENT LOAN PROGRAM

BC Lower Mainland Region

Due to COVID-19

Last edit: 1 February 2022

## Abbotsford

**Mon - Sat 11:00 am – 1:00 pm**  
#1 – 34220 South Fraser Way  
Abbotsford, BC V2S 2C6

**T 604-556-3526**  
F 604-556-3546

## Port Coquitlam

**Mon – Fri 10:00 am – 1:00 pm**  
**Sat 10:00 am – 4:00 pm**  
#104 – 1776 Broadway Street  
Port Coquitlam, BC V3C 2M8

**T 604-944-9042**  
F 604-944-9073

## Burnaby

**Mon – Sat 9:30 am – 12:30 pm**  
Edmonds Neighbourhood  
Community Resource Centre  
#105 – 7355 Canada Way  
Burnaby, BC V3N 4Z6

**T 604-522-7092**  
F 604-522-1853

## Richmond

**Mon – Fri 9:00 am – 12:30 pm**  
**Sat 9:00 am – 2:00 pm**  
#101 – 3850 Jacombs Road  
Richmond, BC V6V 1Y6

**T 604-270-4224**  
(Extension 3)  
F 604-270-6781

## Chilliwack

**Mon – Fri 9:00 am – 12:00 pm**  
Open 1 Saturday morn/month; call for dates  
9290 Mary Street  
Chilliwack, BC V2P 4H4

**T 604-792-2343**  
F 604-792-2783

## Squamish

**Mon/Wed/Fri**  
**9:00 am – 12:00 pm**  
38150 Behrner Drive,  
P.O. Box 992  
Squamish, BC V8B 0A7

**T 604-892-5318**  
F 604-892-5308

## Langley

**Mon – Fri 9:00am – 12:00pm**  
#106 – 20530 Langley Bypass  
Langley, BC V3A 6K8

**T 604-532-2282**  
F 604-532-5663

## Surrey

**Mon – Fri 9:00 am – 12:00 pm**  
**Sat 9:00 am – 3:00 pm**  
**Wed 6:00 pm – 8:00 pm**  
#109-14727 108<sup>th</sup> Ave.  
Surrey, BC V3R 1V9

**T 604-930-9049**  
F 604-930-9036

## Maple Ridge

**Mon/Wed/Fri**  
**12:30 pm – 4:00 pm**  
#5 – 11435 201A Street  
Maple Ridge, BC V2X 0Y3

**T 604-465-5050**  
F 604-465-5054

## Vancouver

**Mon – Sat 9:30 am – 4:00 pm**  
209 West 6<sup>th</sup> Avenue  
Vancouver, BC V5Y 1K7

**T 604-301-2566**  
F 604-301-1162

## North Vancouver

**Mon/Fri 9:00 am – 1:00 pm**  
**Tue/Wed/Thu 9:00 am – 4:00 pm**  
**New Address effective Feb 22, 2022**  
Lions Gate Community Recreation  
Centre (access via underground  
parkade)  
1733 Lions Gate Lane  
North Vancouver, BC V7P 0C7

**T 604-988-7115**  
F 604-988-7105

## White Rock

**Mon/Tue/Thu/Fri/Sat**  
**9:30 am – 12:30 pm**  
**Wed 1:30 pm – 4:30 pm**  
#16 – 1480 Foster Street  
White Rock, BC V4B 3X7

**T 604-536-7911**  
F 604-536-7956



## Knee Replacement Phase 1

### EXERCISES

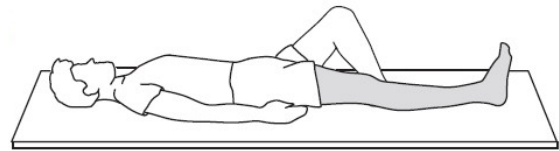
All exercises to be done 3 times a day. Pain medication is to be taken 30-60 minutes before exercise. Start each exercise with 5 repetitions and gradually increase to a maximum of 10 repetitions. Relax the muscles between repetitions.

#### 1) Pump your Ankles



#### 2) Thigh Tightening

While lying and with your leg straight, tighten the muscles on the front of your thigh and push the back of your knee into bed. Hold for 5 seconds.



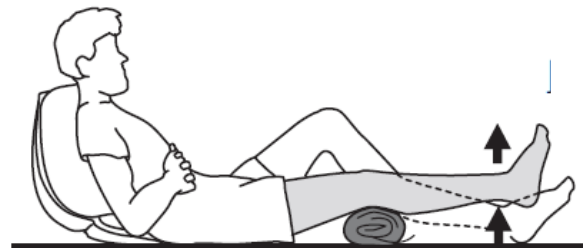
#### 3) Knee Bending (heel slides)

- If available, place slide board under affected leg.
- Use towel behind thigh to help bend your knee
- Gradually lessen support from towel during bend
- Aim to **INCREASE** the amount of bend in your knee each time. Gaining range of motion is VERY important to prevent stiffness from scar tissue.



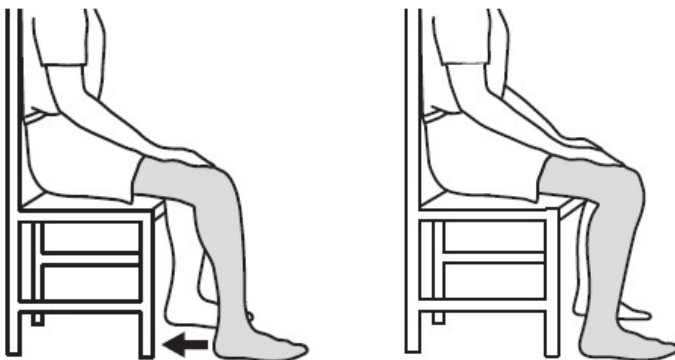
#### 4) Knee Straightening Over Roll

- Place large rolled up towel or yoga roll under your knee.
- Push knee into roll and lift heel
- Hold for 5 seconds.
- Lower the leg slowly to starting position.
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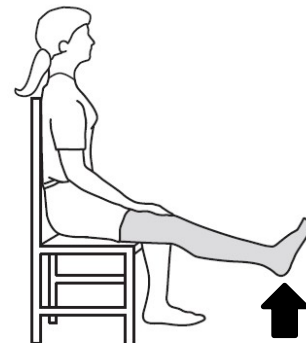
#### 5) Sitting Knee Bend

- Sit with feet on floor.
- Slide heel back to bend your knee.



#### 6) Sitting Knee Straightening

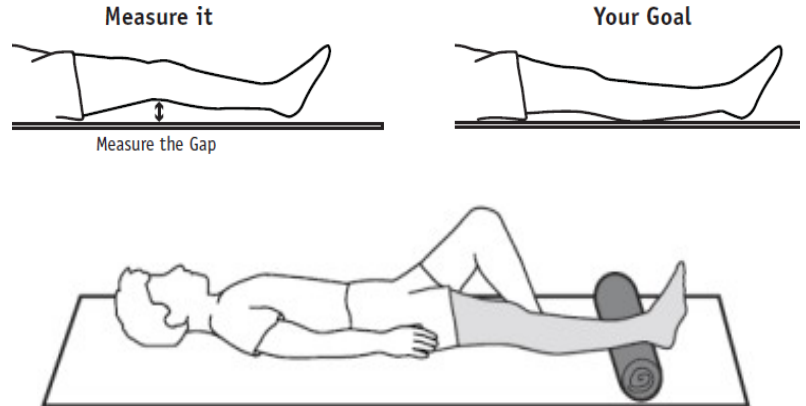
- Straighten affected leg as shown.
- Hold for 5 seconds.
- Lower the leg **slowly** to starting position.



## TO ELIMINATE THE GAP UNDER YOUR KNEE

### Knee Straightening

- To be completed **AFTER** exercises.
- Place two pillows or roll under your heel, high enough to lift your calf off the bed.
- Keeping the leg straight, gently push the knee towards the bed.
- Keep your knee and toes pointed towards the ceiling.
- Hold for 15-20 seconds. Relax, repeat twice.



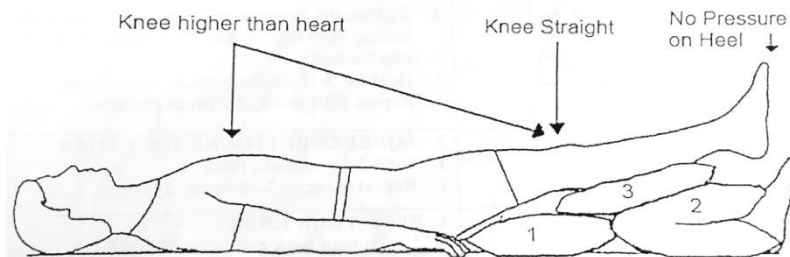
### Elevation

**Why?** To reduce swelling in the foot, leg and knee.

**How:** While lying on your back, prop your leg on the pillows as shown. The knee **must be straight** and above heart level. Do not roll your leg out at the hip. When your leg is elevated, the fluid will drain towards the body.

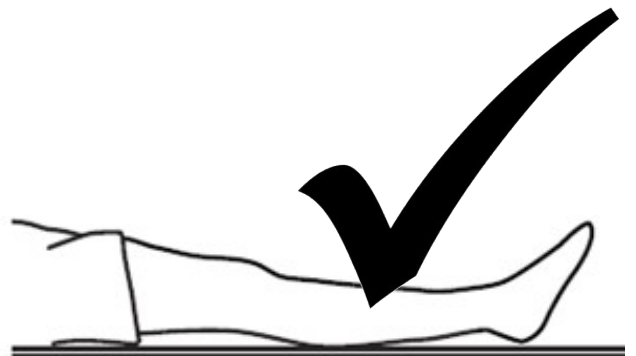
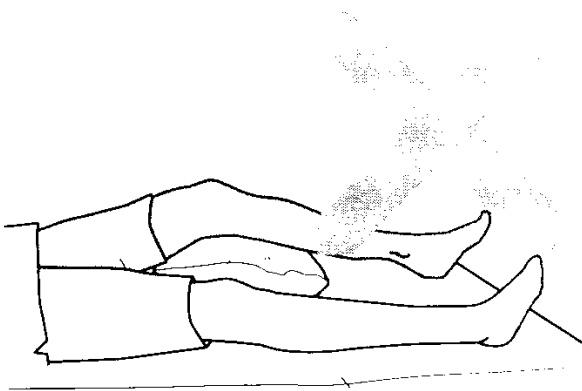
**How Often** Elevate for 30 minutes immediately after exercise.

- Note: Do not rest with knee bent or with pillows behind your knee – see below.



### RESTING POSITION

**Do not** rest with pillow under your knee!





## TO CONTROL SWELLING

**Ice** What do I use? Ice pack, gel pack, frozen vegetables, popcorn kernels

### How Often

- Apply Ice every 2 hours for 10-15 minutes while awake and immediately after exercise.
- After one week, lessen the frequency. Expect to use ice for 1-2 months. Stop using ice once affected knee is the same temperature as the unaffected knee.

### Caution!

- To protect the skin, put a towel or tea towel on your knee before applying ice.
- Do not apply for longer than 10-15 minutes at a time.
- Check your skin regularly for excessive redness/discoloration/welts. If any of these are present, discontinue using ice.

**Cold Therapy** e.g. Polar Care Glacier, Polar Care Kodiak, Polar Care Cube

### Do not use if you have:

- Circulatory problems e.g. Raynaud's disease, Buerger's disease, peripheral vascular disease, a clotting disorder.
- Decreased sensation e.g. from diabetic neuropathy.
- History of cold injury, frost bite or adverse reactions to cold applications.

### Use Caution If You:

- Have sensitivity to cold.
- Are taking beta blockers as they may have a negative effect on small blood vessels.
- Have diabetes.

**How often** - Follow manufacturer's direction. A sample protocol may be:

- Days 0 -4: continuous **while awake only**.
- Day 5- 10: one hour on, 1 hour off while awake.
- Day 10 onwards: as needed until the temperature of your affected knee is the same as the unaffected knee.

**Note:** Protect your skin e.g. apply a tea towel before applying cold therapy pad. **Never** let any part of the pad touch your skin!

Check your skin regularly for excessive redness/discoloration/welts/blisters. If any of these are present, discontinue using cold therapy and consult your doctor.



Healthy eating before and after surgery will help you to recover as quickly as possible, and may reduce post-operative complications.

**Get Healthy Before Surgery:**

- Eat regular meals and follow the plate model as shown above.
- Adults over age of 18 require a vitamin D supplement of 1000 IU per day for good bone health and to prevent fractures. Consider taking a calcium supplement if you are not meeting daily recommended serving sizes for milk and alternatives, but it is best to try to get your calcium from food first.
- You may want to take a multivitamin with minerals daily if you are not eating well, but real foods will provide other nutrients not found in supplements.
- Sudden weight loss is not appropriate right before surgery. See the next page for weight loss resources once you have recovered from your surgery

## **After Surgery:**

Specific nutrients will help with wound healing, and keep the immune system functioning well.

### ***Protein***

- Choose foods from the Meat and Alternates food group 3 times per day.
- Examples: beef, pork, lamb, chicken, eggs, fish, beans and peanut butter.

After your surgery, in hospital, you will be on a regular diet as tolerated. Please alert the nurse to any food allergies or intolerances, or any special diets you are on. Example: vegetarian.

### ***Problems you may encounter***

Anaesthetics, iron supplements, decreased activity, and decreased intake of food may slow down your bowels for a few days after surgery. You may not have regular bowel movements during this time.

- Add fibre to your diet by increasing fruit, vegetable, and whole grain intake.
- Be sure to drink extra fluids when you increase the fibre in your diet (adequate hydration is also an important part of your recovery after surgery).

If you experience problems with persistent weight loss, nausea/vomiting, poor appetite, or poor wound healing, contact your physician.

### ***Meal Planning/Meal Assistance***

If you have difficulty with obtaining groceries and/or cooking meals after your surgery, please refer to the resources below:

Meal Delivery Services: Meals on Wheels (hot meals), Better Meals (frozen meals) + many more  
Grocery Delivery Services: available at many grocers, online ordering i.e. Save-On Foods

### ***Weight management***

Once you have recovered from surgery, and you feel that you would like further information on healthy eating or assistance with your weight, there are services available at Langley Memorial Hospital. Please ask your doctor to refer you to the Nutrition and Lifestyles Class, or to see the Outpatient Dietitian. You may also contact the Inpatient Dietitian at 604-514-6000 ext 745319 if you need assistance.

Dietitian Services at HealthLink BC is a free nutrition advice service that can be accessed via telephone at 811 or online at [www.healthlinkbc.ca/healthyeating](http://www.healthlinkbc.ca/healthyeating).