

Occupational Therapy Toolkit

Knee Replacement

Functional Limitations:

ADL, IADL, work and leisure impairment
Functional mobility impairment
Limited knee ROM
Impaired balance
Weight bearing precautions
Environmental barriers
Falls risk
Other symptoms and conditions - osteoarthritis

Occupational Therapy Intervention:

ADL, IADL, work and leisure training including but not limited to...
Application of weight bearing restrictions during ADL's

Train in the use of adaptive equipment to compensate for knee ROM limitations for toileting, bathing and LE dressing (including anti-embolism stockings):
walker bag or tray, shower chair, grab bars, non slip mat, hand held shower, long bath sponge, raised toilet seat, leg lifter, reacher, sock aid, shoe horn, elastic shoe laces, dressing stick

Functional mobility training.

Application of weight bearing restrictions with shower/tub and toilet transfers, bed mobility and general transfers

Train in proper transfer techniques and bed mobility skills as they relate to ADL and IADL tasks

Instruct in safe walker use and transporting items (walker bag or tray)

Provide UE therapeutic exercises to strengthen upper body for walker usage

Assess home safety and functional safety and provide environmental modifications and adaptations

Educate regarding falls risk and prevention strategies.

Patient Education:

1. Upper Body Strengthening and Stretching Exercises
2. Using Your Walker Safely
3. Falls Risks Assessment and Prevention Strategies
4. Home Safety and Functional Safety Assessment