

5000+

HAPPY PATIENTS
RESTORED TO
ACTIVE LIVING

22 YEARS
OF SERVING EXCELLENCE
IN JOINT REPLACEMENT



Dr Upasani's - Advanced

Robotic
Joint Replacement Clinic

**EXERCISE GUIDE FOR TOTAL KNEE
REPLACEMENT SURGERY**



2500+

Robotic Knee Replacements
Successfully Performed;
the highest in the field

Dr Tejas D Upasani

MS (Ortho.), DNB (Ortho.), D. Ortho, FCPS
Consultant Robotic Joint Replacement
& Reconstructive Surgeon Pioneer in
Robotic Knee Replacement



INSPIRED BY PERFECTION



Robotic Joint Replacement
& Orthopaedics



Cardiology And
Cardiac Surgery



General Surgery
And Laparoscopy



Critical Care And
Trauma Management



Neurology And
Neuro Surgery



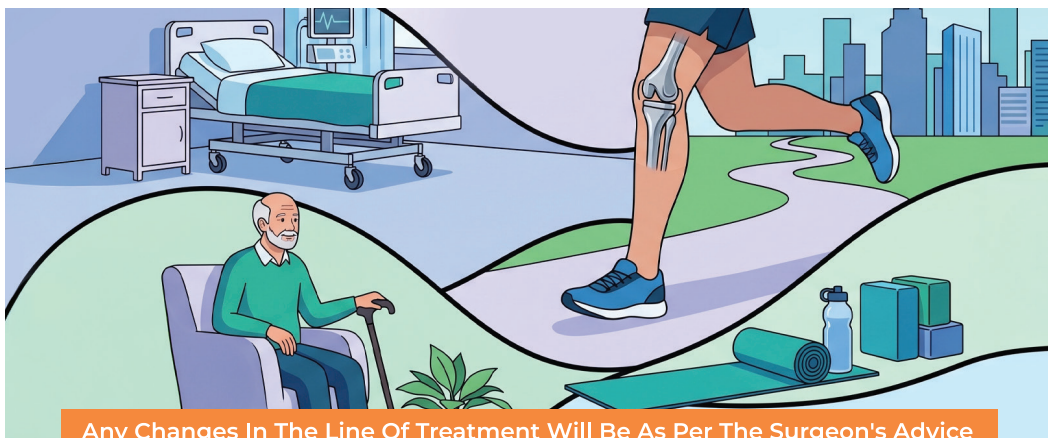
Obstetrics And
Gynaecology

Good Health Begins Here

Protocol May Vary According To Patient's Progress And As Per Surgeon's Advice

Precautions & Care After TKR

- Ice fomentation around knee 3-4 times a day for 20-30 minutes.
- Do exercises as suggested by the Physiotherapist.
- Take short walks at regular intervals.
- Do not sit on sofa or low chair for the first 3 months.
- Avoid sitting on chair for a long time / Avoid standing for a long time.
- Use commode extension for 6-8 weeks and side bars for support.
- Use chairs with firm seat cushion and side arms.
- Use a foot stool for leg support while sitting.
- Do not climb on high stool or chairs.
- Do not sit on the floor.
- Do not wet the dressing until stitch removal.
- Experiencing some pain post physiotherapy session is normal.
- In case of increased pain and swelling, stop exercises and contact the surgeon.
- Keep yourself mobile and active.
- **Do not pressurize bending of knee.**
- Ensure folding of DVT stockings before walking.
- Wear comfortable and properly fitting footwear.



Any Changes In The Line Of Treatment Will Be As Per The Surgeon's Advice

1 Deep Breathing Exercise

Take a deep breath through the nose and breathe out through the mouth. Repeat it 15-20 times (2 sets). Do it 3-4 times a day.

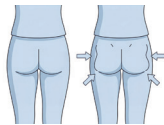
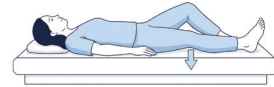


2 Ankle Toe Movements, Ankle Toe Rotations, Toe curls

Move your ankle and toe in all directions. 10 repetitions every 2 hours.

3 Static Quadriceps

Tighten your knee, hold for 5 seconds and relax. 10 Repetitions every 2 hours.



4 Static Glutes

Tighten your buttocks and hold for 5 seconds and relax. 10 repetitions every 2 hours.

5 Turning

Turning on operated side with pillow in between the legs with support.



Standing with walker with long knee brace FWB

Standing is done if patient's parameters are normal, with the help of a walker.

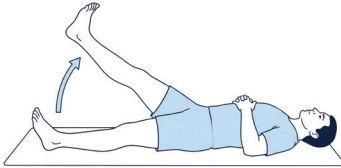
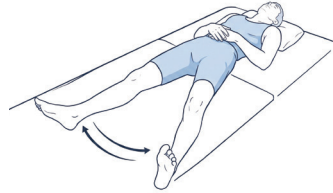
***Long knee brace as per surgeon's advice**



ADD ON TO EXERCISES MENTIONED BEFORE (1-5):

6 Straight Leg Abduction

Move the leg out & in keeping the knee straight with support.

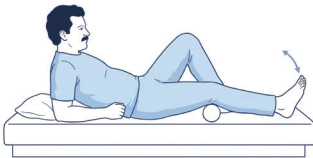
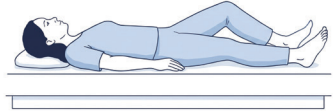


7 Straight Leg Raise

Lift your leg up keeping the knee straight with support.

8 Knee Bending

Gentle knee bending with support.
Increase gradually.
Start from 5 degrees and gradually increase to 30 degrees in the first week.



9 VMO

Keeping a rolled towel or pillow below the knee and straighten the leg.

ADD ON TO EXERCISES MENTIONED BEFORE (1-9):**10 Turning**

Turning on both sides with pillow in between the legs with support.

**Commode Training**

Toilet training to be done strictly with the help & guidance of the Physiotherapist.

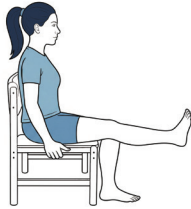
**Mobilisation with walker**

Walking with the help of a walker.

ADD ON TO EXERCISES MENTIONED BEFORE (1-10):

11 Side Lying Exercises

Lying on the unoperated side, & lifting the operated leg up.

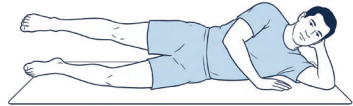


12 Dynamic Quads

Sitting at edge of bed, lift the leg up with support.

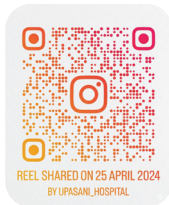
13 Side Lying Hip Extension

Taking your leg behind, keeping it straight from the knee.

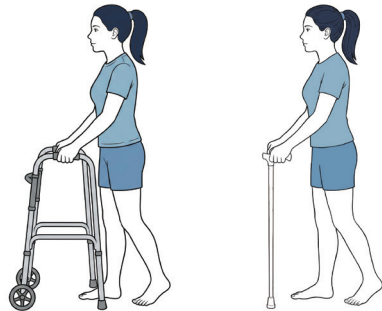


Mobilisation with walker / stick

Walking with the help of a walker/stick and also stair climbing with support as per surgeon's advice.



CAR TRANSFER



ADD ON TO EXERCISES MENTIONED BEFORE (1-13):

Start walking with the support of walker/stick.
Gradually increase the number of times you walk in a day.

14 Bridging

Bend both the knee gently and slightly lift your back up.

**15 Standing Exercises****Heel Raises:**

Raise your heels off the floor with the help of a forward support.

Toe Raises:

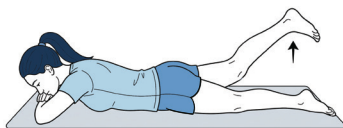
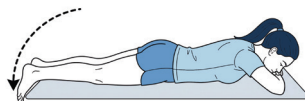
Raise your toes off the floor with the help of a forward support.

ADD ON TO EXERCISES MENTIONED BEFORE (1-15):

Keep walking with the help of stick.
After stitch removal, begin with prone lying exercises.

PRONE EXERCISES**16 Knee Flexion**

Gently start bending your knee and straighten it.

**17 Hip Extension**

Lift your leg up from the hip keeping your knee tight.

STANDING EXERCISES WITH SUPPORT**18 Spot Marches**

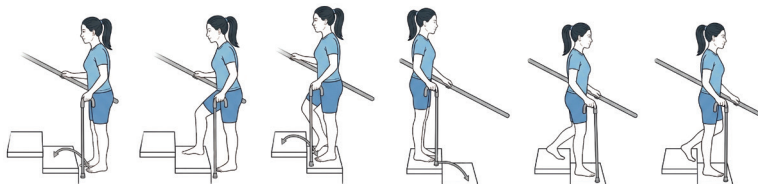
Raise your leg off the floor alternately with the help of a forward support.



ADD ON TO EXERCISES MENTIONED BEFORE (1-18):

Keep walking with the help of stick.

Climbing Stairs to be started as per surgeon's instructions.

**STANDING EXERCISES****19 Hip Flexion**

Alternately move your legs forward keeping your upper body straight.

**20 Hip Extension**

Alternately move your legs backward keeping your upper body straight.

21 Hip Abduction

Alternately move your legs sideways keeping your upper body straight.

**22 Knee Flexion**

Alternately bend your knee keeping your upper body straight.

23 Step Lunge

Keep operated leg on the step and take weight on the leg while maintaining the unoperated leg straight.

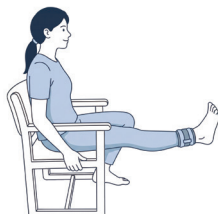


WEEK 4

Location – Home

ADD ON TO EXERCISES MENTIONED BEFORE (1-23):

- ✓ Try walking without stick.
- ✓ Stair climbing with unilateral support.
- ✓ Start going out of the house for walks with stick for 3-4 minutes.
- ✓ Gradually increase the time.
- ✓ If there is no swelling, weight training or resistance training can be started.
- ✓ Wall squats with support strictly up to 30 degrees only.



After 6-8 Weeks Patients Can Start Hydrotherapy Under Supervision, Only After Surgeon's Approval

Any Changes In The Line Of Treatment Will Be As Per The Surgeon's Advice

FREQUENTLY ASKED QUESTIONS

- | | |
|--|--|
| ● Can I sit on the floor? | No |
| ● Can I sit cross-legged? | Sometimes on raised surfaces |
| ● Can I sit on sofa/low seats? | After 3 months |
| ● When can I travel by public transport
– Bus/Auto/Train? | After 2-3 months |
| ● When can I travel long distance? | After 4-6 weeks with short breaks in between. |
| ● When can I start sport activities? | Swimming after 6-8 weeks
Static cycling after 3 weeks
Garden walking after 3 weeks |
| ● When can I drive 2 wheeler / 4 wheeler? | 6-8 weeks |
| ● Is it normal if my knee makes sounds? | Yes |
| ● How much should I walk? | Walking distance is subjective depending on various factors. Distance and time can be gradually increased as per patient's comfort. It can be anywhere between 15-45 minutes |

● In how much time period will the swelling go away?

3 - 6 months

● Is it normal to have bluish/blackish/reddish discolouration at the operated site?

Yes it is normal. (Incase it increases consult doctor)

● Can I wear DVT stockings?

It is advisable to wear for prevention of DVT as well as swelling in your foot

● Can we keep our legs hanging down?

Avoid for long time

WE ARE WITH YOU IN YOUR HEALING JOURNEY

Dr Tejas D Upasani

**Consultant Robotic Joint Replacement
And Reconstructive Surgeon**

Pioneer in Robotic Knee Replacement



Dr Tejas Upasani is the first Orthopaedic Surgeon in Mumbai to launch Robotic TKR in Feb 2019, an advanced robotic assisted knee replacement surgery and till date he has operated more than 4,500 knee replacement surgeries which includes 2500+ robotic assisted TKRs. Currently he has upgraded to another advanced Robotic System for TKR with a cutting edge technology and the most advanced robot available for TKR in Mumbai.



Dr Vidhi Lilani

**B.Sc (PT), FOMT, Fellowship in Neuromuscular
Techniques, Triple certification**

Physiotherapist

📞 **9820768667**

Practising for more than 25 years in the field of musculoskeletal rehabilitation, pain management and post operative rehabilitation.

EXCELLENCE IN PATIENT CARE - QUALITY OVER QUANTITY



Renowned Robotic
Joint Replacement
Surgeon



Pioneer in Robotic
Knee Replacement
Surgery



World Class Critical Care
Unit and Infrastructure
for Complex Surgeries



Room In Room
Concept OT For Higher
Safety Standards



Personalised
Treatment Plan
for Every Patient



Hassle-Free Experience,
Cashless Hospitalization
& EMI

Google Reviews

D

Vishal
Kanojia



Amazing for knee replacement
My mom (Savitri Kanojia) was admitted
for bilateral knee replacement. Entire
support staff is caring. You will feel
personalised attention given by entire
support staff
(we had booked twin sharing)
Dr is highly knowledgeable and
approachable
who guided us well and made the entire
process smooth. Hospital Infra is also
very nice, visiting times are flexible.

S

Sharmila
Khare



The physio therapy department at USSH is
commendable. It is headed by Dr. Vidhi Lilani
who is excellent at her work. Special mention
to Dr. Virali Shah who takes my PT whenever
Vidhi is not available. The other staff namely
Kalpita, Arti and Veda are very soft spoken n
good at their work. The whole staff is very
professional. I strongly recommend PT at
USSH at affordable rates

H

C L
Mistry



Dr. Tejas I am very happy, I had come
for my knee treatment I did not
imagine this surgery process would
have been so smooth. The care and
treatment received is very
appreciated. Your words every time
you have consulted me have given
me strength and hope.



https://www.instagram.com/upasani_hospital/



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OF SERVING EXCELLENCE
IN JOINT REPLACEMENT



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