

Surgery Center of Pinehurst
TOTAL KNEE REPLACEMENT MANIPULATION

You have had a manipulation of the total knee replacement under anesthesia. The purpose of the manipulation is to break up the scar tissue in your new knee that is not allowing you to achieve full range of motion(ROM). There is no new incision, no cutting, so the recovery is much easier than the initial total knee replacement. Dr. Oakley will improve the motion in your new knee and now you have to maintain this motion. We maintain this motion by utilizing a machine known as a CPM(Continuous Passive Motion.) This machine has been delivered to your home and you will use this machine for the next 2 weeks both day and night. Once the knee is used to moving then we will discontinue this machine. We have all patients follow strict times and degrees of motion to best improve your knee movement. These times are as follows:

Week 1: 7am-11pm 0-110 degrees (setting on the machine for movement)
11pm-7am 0-65 degrees

We expect you to be in this machine at all times except to bathe and use the bathroom. If the Physical Therapist is still coming to your home you may do the session with them but otherwise
YOU ARE IN THE CPM MACHINE.

Week 2: 0-115 degrees for total of 6 hours/day. You have much more
freedom to move and to do your other exercises for your knee.

Your follow up appointment after the manipulation will be 5-8 days after the knee manipulation. At this appointment we will check the active motion in your knee(movement you can do on your own) to make sure the manipulation is a success.

The CPM machine will need to be discontinued after the second or third week. You will need to contact the company(T&T Technology) to have them pick up this machine as you will no longer need it.

If there are any questions during this recovery after the manipulation, please contact our office at (910)295-0209 to leave a message for Connie Tighe, NP.