

# TOTAL KNEE

## CHEAT SHEET

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1. NO FALLS!
2. USE ASSISTIVE DEVICE FOR BALANCE
3. BE CAREFUL OF INCISION WITH EARLY KNEE BENDING
4. NO JUMPING/RUNNING
5. MAKE FULL KNEE EXTENSION YOUR FIRST PRIORITY
6. NO TWISTING IN THE KNEE
7. SEE STAIRS VIDEO FOR INFO ON HOW TO STAY SAFE ON STAIRS AFTER SURGERY



REPLACEMENTREADY

by **MOVEMENT  
COLLECTIV =**