

Guidelines for the Use of Mechanical Lifts with Post-operative Knee Replacement Surgery

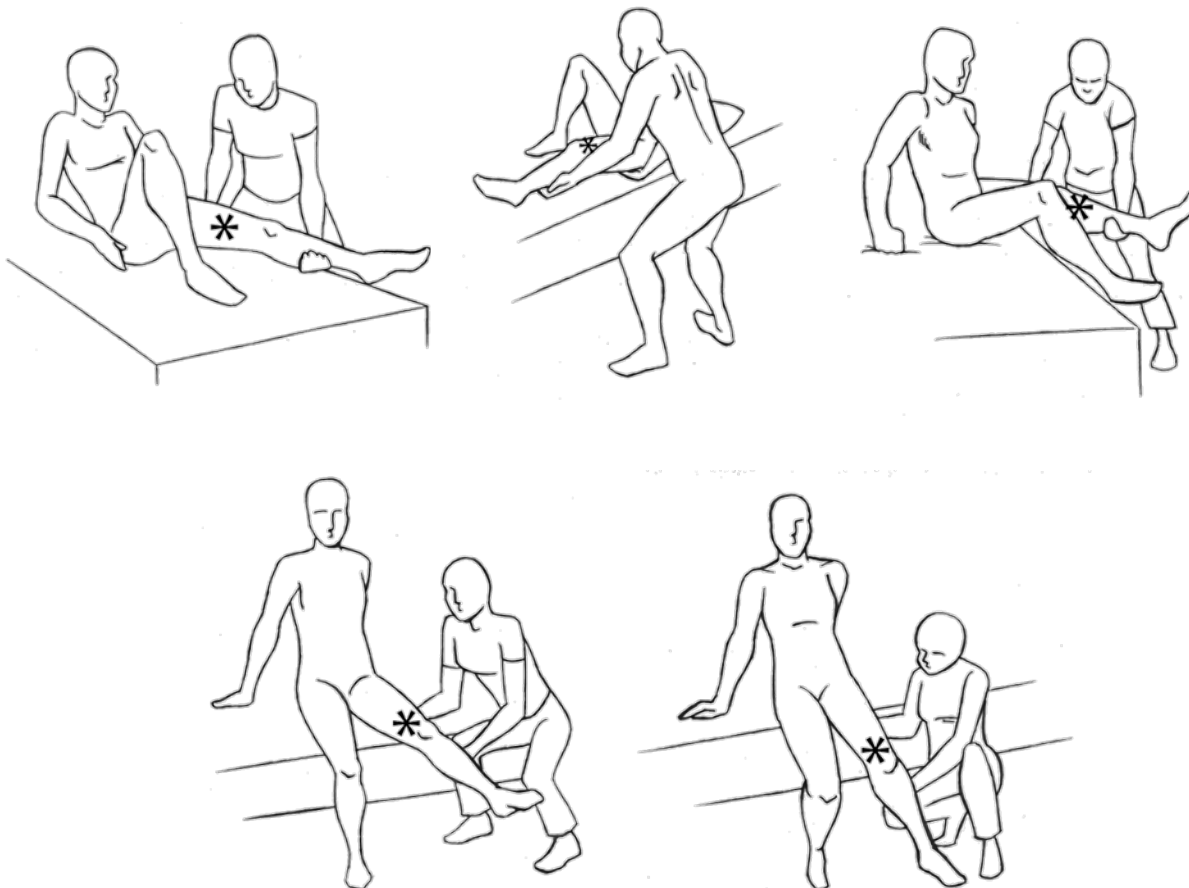
Mechanical lifts can be used safely with most post-operative knee replacement clients. Using the TLR assessment process will support a safe moving task.

Where indicated, the asterisk (*) on the example indicates the affected side of the client.

General Principles Following Total Knee Replacement(s)

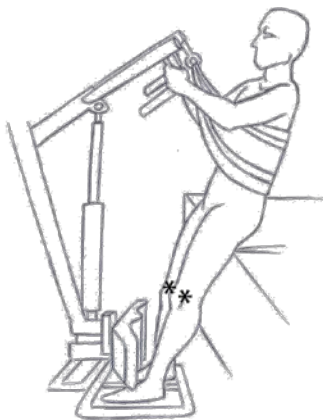
- Check the doctor's weight-bearing orders.
- Check for knee-brace orders. A brace may only be required when walking.
- Avoid twisting the client's knee. Keep the client's foot and knee lined up, facing forward.
- Support the client's knee and foot during any transfer to avoid any forced or sudden extreme knee bend or knee strain.

Caregiver supports above and below the operative knee and uses the TLR Checkpoints to Safe Body Mechanics.



Sit/stand Lift for Clients with Knee Replacement

- Move toward the non-operative side whenever possible.
- With your hands, support above and below the knee joint as the client moves in bed.
- Minimal or non-weight bearing orders require that the client's foot be kept extended forward to the front of the footplate.
- Do not use the kneepad on the operative knee, as the pressure may be painful.
- The destination (toilet seat, wheelchair) should be a raised, solid seat with armrests.

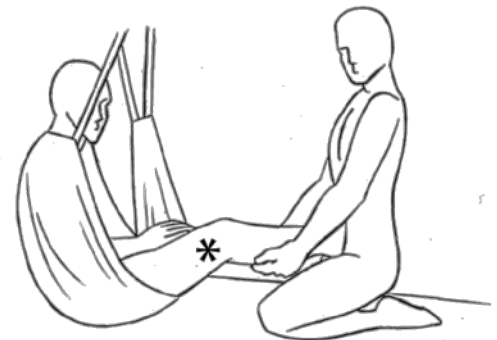


Sit/stand Lift for Clients with Bilateral Knee Replacement

- Same as above, sit/stand lift is positioned to allow both legs to be extended forward and as straight as possible.
- Put both client's feet to the front of the footplate.
- Do not let the client's knees touch the kneepads.

Full Lift for Clients with Knee Replacement

- Put a pillow lengthwise between the client's legs. The pillow is for comfort, not as a precaution.
- When positioning the sling, first roll the client to the non-operative side. Appropriately position as much of the sling under the client as possible.
- Then roll the client a quarter turn onto the operative side to finish repositioning the sling.
- Support the client's operative leg to prevent painful knee bending and twisting of the knee joint.



Full Lift for Clients with Bilateral Knee Replacement

- Same as above except both the client's lower legs must be supported.
- Front anti-tippers on the wheelchair are helpful. Anti-tippers can be ordered for most wheelchairs.

