

Bedelaadda Jilibka: Daryeelka Guriga iyo Jimicsiga

Bogsasho buuxda oo qalliinka bedelista jilibkaaga ayaa qaadan doonta bilo. Macluumaadkaan wuxuu kaa caawinayaa inaad fahamto soo kabashadaada iyo daryeelkaada guriga. Taxaddarro iyo jimicsiyo lagu ilaalinayo laguna xoojinayo jilibkaada cusub ayaa kaa caawin doona in aad ku firfircoonaatid daryeelkaada iyo bogsashadaada.

Isticmaalida barafka

Isticmaal barafka oo gacan ka geysta yareynta xanuunka iyo bararka. Jimicsiga ka dib ayaa waxaa habboon in la isticmaalo barafka ama haddii aad ahayd mid aad u firfircoon.

- Ogoow inaad isticmaasho lakab dhar ah oo u dhexeeya maqaarkaaga iyo barafka.
- Haddii aad isticmaasho baakado baraf ah ama xirmooyin baraf ah, isticmaal baakadahaas 30 daqiiqo 1-2 saacadood kasta.
- Maqaarkaaga ka hubi inta badan calaamadaha guduudashada ama bararka.
- U sheeg kooxdaada daryeelka haddii aad la kulanto:
 - › Xanuunka oo sii kordhay
 - › Kabuubyo ama xatxato
 - › Guduudasho aan meesha ka baxaynin

Ilaali kala-goyska jilibkaaga cusub

Jilibkaaga cusubi waxa uu leeyahay xoog xadidan iyo kala duwanaansho dhaqdhaqaaq ah waxyar qalliinka ka dib. Raac tilmaamahaan, si uu jilibkaagu u bogsado si fiican uguna laaban kartid howlahaagii caadiga ahaa ee aad qabaneysey.

Socod

- Kooxda daryeelkaagu waxay ku bari doonaan in aad isticmaasho bakooraad ama ul marka aad socotid ilaa uu jilibkaagu ka bogsanayo. Raaxada iyo badqabka waa mudnaantayada nambarka 1.
- Dheelitirkaagu wuxuu noqon karaa mid aanan toosneyn in muddo ah. Si ay kaaga caawiso inaad joogsato:
 - › Isticmaal meelaha la qabsado ee jaraanjaroooyinka.
 - › Gasho kabo taako hoose ama degan ah oo cagahaaga si adag ula eg.
 - › Iska ilaali dhulka qoyan ama xabagta leh.
- **Jilibkaada cusub ha ku jilba joogsanin.** Dhakhtarkaaga ama takhtarkaaga kala hadal marka aad ku jilba joogsan karto oogad cufan.
- Ha soconin adigoo wadan baakortaada ama ushaada ilaa dhakhtarkaaga ama takhtarkaaga uu kuu sheego in la oggol yahay. Waa laga yaabaa inaad dareentid inaad ka maaranto qalabka gargaarka, lakiin bogsashada ayaa soconeysa oo waxay qaadataa waqti. Isticmaalka baakorta ama birta lagu socdo/usha waxay difaacdaa kalagoyska bogsashada.
- Ku soco dhul siman oo banaanka aad haddii cimiladu ogaalto ama dooro aag ballaaran oo gudaha ah sida suuq-dukaameysiga.

Fadhiga

- Isticmaal kursi adag oo leh meel gacmaha la saarto. U isticmaasho barkin ama agab kor kuu qaada, haddii loo baahdo.
- Iska ilaali inaad fadhido in ka badan 30 daqiiqado markiiba. Marar badan u kac inaad socotid, oo bedel booskaaga.
- Inta lagu jiro safarada baabuurta ee dhaadheer, istaag 30 daqiiqo kasta si aad uga soo baxdo baabuurka oo aad u dhaqdhaqaaqdo. Nasashooyinkas waxa ay ka hortagaan adkaansho iyo barar, taasoo keeni karta in xinjiro dhiig ku samaysmato.

Fuulitaanka jaranjarada

- Inta lagu guda jiro dhowrka usbuuc ee ugu horreeya ee guriga la joogo, ku yaree fuulida jaranjarada 1 safar oo wareeg ah maalintii.
- Raac jihooyinka jaranjarada lagu fuulaayo adigoo isticmaala baakortaada lagu siiyey.

Xadka Dhaqdhaqaaqa

Waxaad u baahan tahay inaad awood u yeelatid inaad foorarsato oo aad si buuxda u toosiso jilibkaaga ka dib qalliin beddel ah si ay kuugu suurta gasho in aad si buuxda u bogsato.

Laabista:

- Hadafkaagu waa inaad awoodo in uu jilibka laabmi karo 90 digrii ama in ka badan ugu dambeyn 2 toddobaad qalliinka ka dib, haddii aan dhakhtarkaaga ama takhaatiirtaada jirka ku takhasusay uusan kuu dajinin gool duwan.
- Ha isticmaalin xoog inaad jilibka ku laabto 2-da asbuuc ee ugu horeeya.

Toosinta:

- Hadafkaagu waa in aad awood u yeelato in aad si buuxda u toosiso kala-goyska jilibka sida ugu dhakhsaha badan marka la bedelo jilibka. Waxaad u baahan doontaa inaad awood u yeelato tan si aad uga fogaato jiisid.
- Marnaba ha isticmaalin barkimo jilibkaaga hoostiisa ah marka aad nasaneyso. Lugtaadu waxay u baahan tahay in ay fidsanaato si looga hortago in jilibkaagu uu ku dhego meel laaban.

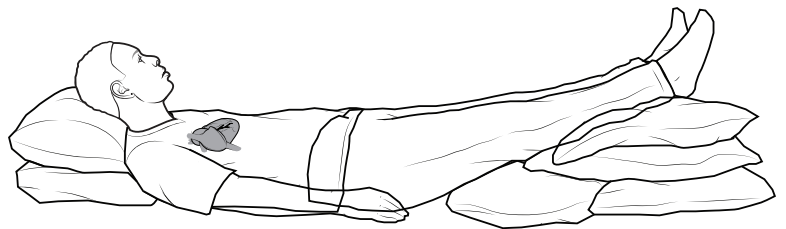
Bararid

Barar, oo sidoo kale loo yaqaano kuusasho (edema), waa wax inta badan dhac ka dib marka jilibka la bedelo. Waxaa laga yaabaa in aad wax barar ah ku yeelatay isbitaalka dhexdiisa, ama waxaa laga yaabaa inaad dareensaneyn ilaa guriga aad timaado oo aad u dhaqdhaqaaqdo.

Waxaa laga yaabaa inaad lahayn wax barar ah innaba. Meelaha ugu caansan ee barara waa cagta, canqowga, jilibka ama bowdada lugta qalliinka.

Si loo caawiyo ka hortagga bararka, cagahaaga sare uga qaad heerka wadnahaaga inta aad jifto.

- Suulashaada waa in ay ka sareeyaan sankaaga. Ha dhigin barkimo jilbahaada oo laaban hoostoda.
- Ku naso sidan 45 daqiiqo ilaa 60 daqiiqo, 2 ama 3 jeer maalin kasta.



Haddii uu bararkaagu hoos u dhici waayo hurdadaada ka dib habeenkii oo dhan sarena u qaadid lugahaada inta lagu jiro maalintii, wac xafiiska dhakhtarkaaga.

Ka hortagga xinjirrada dhiigga ee guriga

- Samee jimicsiyadaada, oo ay ku jiraan ku boodboodida canqowga saacad walba.
- Waxaa laga yaabaa in lagu siiyo dawada anticoagulant, oo sidoo kale loo yaqaanno dhiig-khafiifiye, si looga hortago in xinjirrada dhiigga aysan sameysmin. Daawadaan waxaa inta badan la qaataa 5 todobaad, lakiin takhtarkaaga ayaa go'aamiya mudada aad u baahantahay in aad qaadato.
- **Inta aad qaadaneysa daawada anticoagulant, ha qaadan aspirin ama alaab badan oo la socota aspirin marka loo eego waxa uu dhakhtarkaagu kuu sheegay.**

Wac 614-293-2663 haddii aad leedahay mid ka mid ah calaamadahan

Inta uu jeexitaanka jilibkaagu bogsanayo, ka hubi maalin kasta. Wargeli mid ka mid ah calaamadahan isla markiiba:

- Guduudasho, barar, ama dheecaan ka soo dareereya goobta la jeexay
- Qandho 101 digrii F (38 °C) ama ka badan
- Geesyada dhaawaca oo bilaabaya in ay kala durqaan
- Lugta oo midab khafiif ah noqota ama midab buluug ah
- Xatxat ama kabuubyo lugta ah
- Lugo xanuun
- Lugta oo qabowda

Jimicsiyada

Dib u soo noqoshada awoodaada iyo dhaqdhaqaaqa kadib bedelka jilibka waxay ku xiran tahay adiga. Joogteynta barnaamijkaaga jimicsiga waxey dedejineysaa dib u soo noqoshadaada dhaqdhaqaaqii caadiga ahaa.

Ha sugin illaa balanta takhtarkaaga si aad jimicsiyadan guriga ugu sii wado.

Tilmaamaha sameynta jimicsigaada

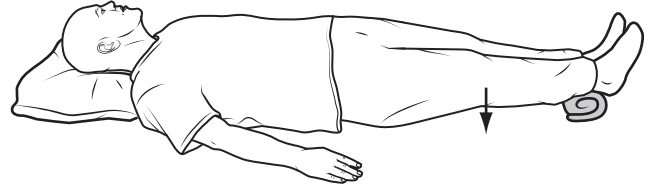
- Jimicso 3 jeer maalin kasta. Ku celi jimicsi kasta 10 ilaa 15 jeer. Si tartiib ah u kordhi intee jeer ee aad u sameyso jimicsiyada hadba inta jilibkaagu xoogeysano.
- Waxaad marka hore u baahan kartaa in aad caawimo u hesho jimicsiyaddaan. Qof qoyskaaga ka tirsan isbitaalka ha yimaado si uu kuula shaqeeyo adiga iyo takhtarkaaga si lagaaga caawiyo markaad aad aadeysid guriga.
- Dhig bacda qashinka ama gabal alwaax ah lugtaada la qalay hoosteeda si loo yareeyo xoqida haddey midaa ku caawineyso.
- Dhamaan layliyada si tartiib ah u samee.
- Haddii barar badani dhaco, hoos u dhig si aad bararku u dejiso.
- Jimicsiyadan waxaa lagu sameyn karaa lugtaada kale.
- Xusuusnow inaad barafeysid kadib jimicsi ama hawl culus.

Jimicsiga jilibka

1. Ku fadhiiso ama ku jiifo oogad siman.
2. Adkee murqaha qeybta sare ama hore ee cajirka oo ku fidi jilibkaaga oogada. Si aad fikrad u hesho, qof gacan ha galiyo jilibkaaga hoostiisa. Jilibkaaga ku riix qofka gacantiisa.
3. Qabo tiro 5 ah ka dibna naso.

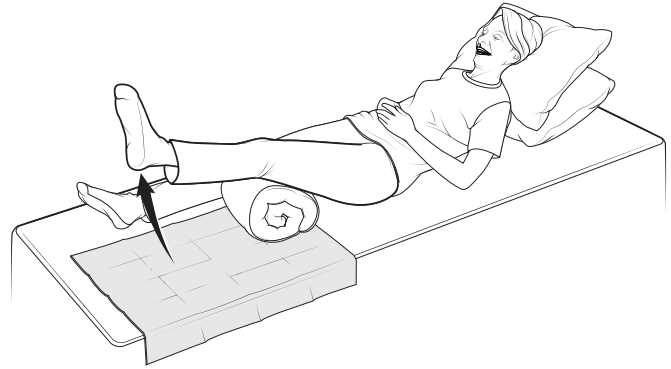
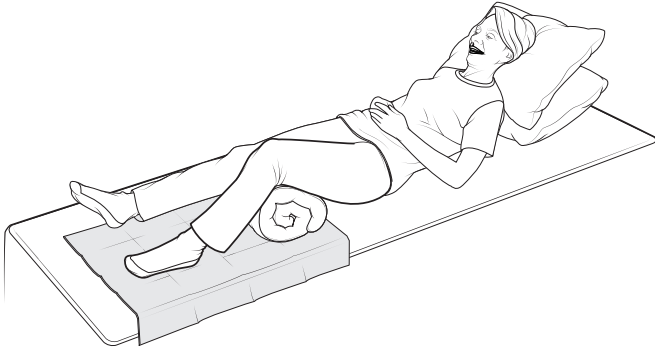
Jimicsiga jilibka iyo iskala-bixinta

1. Ku meeley gasaac koofee 3 pound ah ama buste ciribtaada hoosteeda oo dhuuji qeybta sare amah ore ee cajirkaaga.
2. Jilibkaaga hoos ugu riix.
3. Ku adkeyso adigoo si tartiib ah u tirinaya 5, kadibna naso.



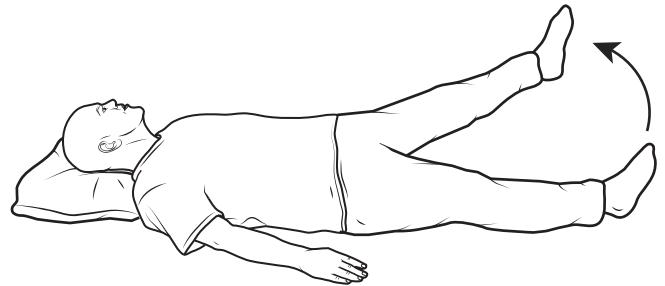
Lugaha wax laga hoos mariyo (buste duudduuban)

1. Ku meeley buste duudduuban ama kafeega 3 pound ah jilibkaaga hoostiis ee lugta qalliinka lagu sameeyey.
2. Ku nasinaya bowdadaada duubka ama gasacada, ciribtaada ka qaad sariirta oo toosi jilibkaaga ilaa intaad karto.
3. Joogso ka dibna ciribta hoos u dhigo ilaa booskii bilawga.



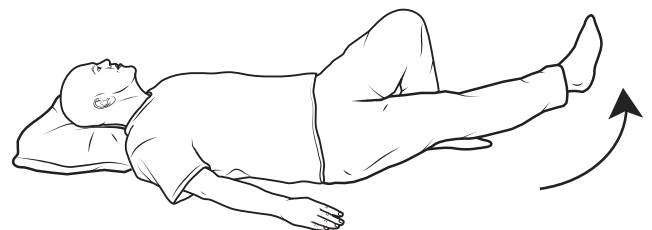
Lugta oo dhinac u socota (u soo jiidida sinta iyo ka jiidida)

1. Dhabarkaaga ku jifso iyada oo lugaha toosanyihiin Lugahaaga.
2. Suulashaada ku aadi sagxada.
3. Lugtaada la qalay u silbixi dhinaca (sida furitaanka maqaska).
4. Lugtaada dib ugu soo celi booskii biloowga.



lugta toosan kor u kicin

1. Dhabarkaaga ku jifso adigoo toosinaya lugtaada la qalay. Lugtaada fiican ku laab jilibka.
2. Si tartiib ah kor uga qaad ciribtaada sariirta. Lugtaada kor u qaad abaare 12 ilaa 24 injiyo.
3. Si tartiib ah lugtaada hoos ugu dhig sariirta, adigoo jilibkaaga toosinaya.



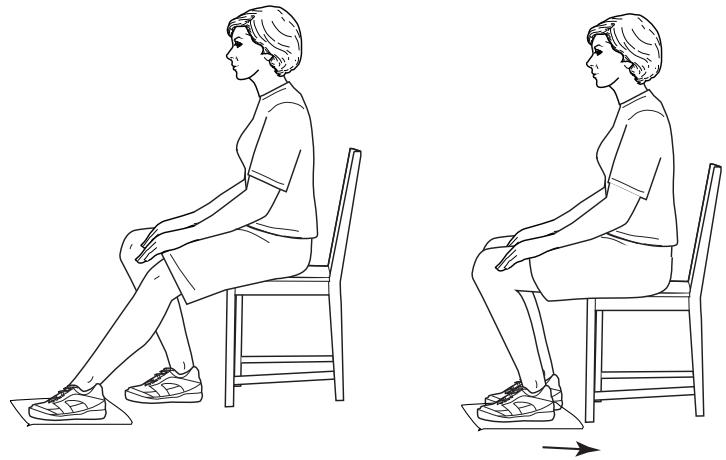
Dheeraynta jilibka

1. Kursi ama sariirta dhinaceed ku fadhiiso.
2. Cagtaada kor u qaad oo jilibka toosi.
3. Hoos ugu dhig cagtaada oo ku celi booskii bilowga.



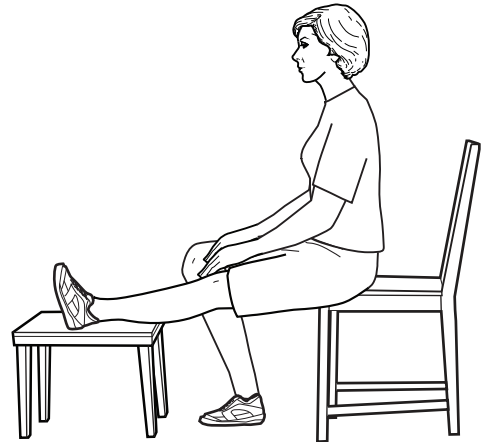
Sibixinta cagta

1. Kursi ku fadhiiso oo cagtaada lugta la qalay hoos dhig bac balaastik ah ee dhulka taala .
2. Cagtaada dib ugu sibix bacda, adoo jilibka u laabaya intii aad awooddid.
3. Qabso tirin tartiib ah oo 5 ah, ka dibna si tartiib ah ugu sibix cagtaada hore.
4. Ku celi oo jimicsigan sii wad 5 daqiiqo.



Dheereynta jilibka oo dadban

1. Adigoo ku fadhiya kursi ama fadhi qarkiis, ku nasi ciribtaada saar gambar qarkiisa, miiska kafeyga, ama miis kuris.
2. Suulashaada ku aadi sagxada.
3. U oggolow cufka inuu xoojiyo jilibkaaga.
4. Qabso booska 30 daqiiqo, 1 ama 2 jeer maalin kasta.



Qoraalkan waxa loogu talagalay ujeedooyin macluumaad oo keliya. Kala hadal dhakhtarkaaga haddii aad wax su'aalo ah ka qabto daryeelkaaga.

Wixii macluumaad dheeraad ah ee caafimaadka kusaabsan, tag wexnermedical.osu.edu/patiented ama kala xidhiidh Maktabadda Macluumaadka Caafimaadka 614-293-3707 ama health-info@osu.edu. -

Knee Replacement: Home Care and Exercises

Full recovery from your knee replacement surgery is going to take months. This information will help you understand your recovery and care at home. Precautions and exercises to protect and strengthen your new knee will help you be active in your care and recovery.

Using ice

Use ice to help reduce pain and swelling. It is best to use ice after exercise or if you have been very active.

- Be sure to use a layer of fabric between your skin and the ice.
- If you are using ice packs or gel ice packs, use the packs for 30 minutes every 1-2 hours.
- Check your skin often for signs of redness or swelling.
- Tell your care team if you experience:
 - Increased pain
 - Numbness or tingling
 - Redness that does not go away

Protect your new knee joint

Your new knee has limited strength and range of motion right after surgery. Follow these guidelines, so your knee can heal well and you can return to your normal activities.

Walking

- Your care team will teach you to use a walker or crutches when you walk until your knee heals. Comfort and safety are our number 1 priority.
- Your balance might be unsteady for a while. To help you stay steady:
 - Use handrails on steps.
 - Wear low-heeled or flat shoes that are firmly secured to your feet.
 - Avoid wet or waxed floors.
- **Do not kneel on your new knee.** Talk to your doctor or therapist about when you can kneel on a padded surface.
- Do not walk without your walker or crutches until your doctor or therapist tells you it is allowed. You may feel you can do without the aids, but healing is occurring and it takes time. Using the walker or crutches protects the healing joint.
- Walk on level ground and go outdoors if weather permits or choose a large indoor area like a shopping mall.

Sitting

- Use a firm, sturdy chair with armrests. Use a cushion or a pillow to raise you up, if needed.
- Avoid sitting longer than 30 minutes at a time. Get up often to walk, and change your position.
- During long car trips, stop every 30 minutes to get out of the car and move around. These breaks prevent stiffness and swelling, which could cause blood clots to form.

Climbing stairs

- During the first few weeks at home, limit climbing stairs to 1 round trip a day.
- Follow the directions for climbing stairs with your walker you are given.

Range of Motion

You need to be able to bend and fully straighten your knee after replacement surgery to be able to make a full recovery.

Bending:

- Your goal is to be able to bend your knee at 90 degrees or more by 2 weeks after surgery, unless your doctor or physical therapist has set a different goal for you.
- Do not use force to bend your knee for the first 2 weeks.

Straightening:

- Your goal is to be able to fully straighten your knee joint as soon as possible after knee replacement. You will need to be able to do this to avoid limping.
- Never use a pillow under your knee when you rest. Your leg needs to be flat on the bed to prevent your knee from getting stuck in a bent position.

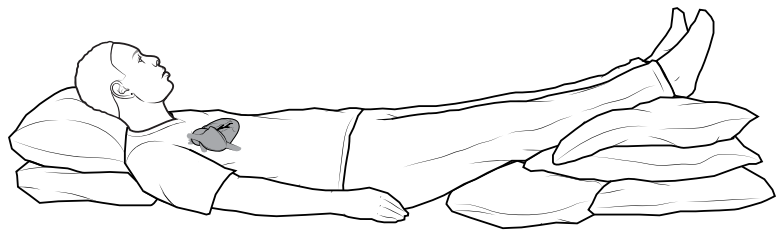
Swelling

Swelling, also called edema, is common after a knee replacement. You may have had some swelling in the hospital, or you may not notice it until you get home and are more active.

You may not have any swelling at all. The most common sites to have swelling are the foot, ankle, knee, or thigh of the surgery leg.

To help prevent swelling, elevate your feet higher than your heart level while lying down.

- Your toes should be higher than your nose. Do not place pillows under bent knees.
- Rest this way for 45 minutes to 60 minutes, 2 or 3 times each day.



If your swelling does not decrease after sleeping all night and elevating your legs during the day, call your doctor's office.

Preventing blood clots at home

- Do your exercises, including ankle pumps every hour.
- You may be given a prescription for an anticoagulant, also called a blood thinner, to prevent blood clots from forming. This medicine is usually taken for 5 weeks, but your doctor will decide how long you need to take it.
- **While you are on anticoagulant medicine, do not take more aspirin or products with aspirin than what you are told by your doctor.**

Call 614-293-2663 if you have any of these signs

As your knee incision heals, check it every day. Report any of these signs right away:

- Redness, swelling, or drainage from the incision site
- Fever of 101 degrees F (38°C) or more
- Edges of the wound start to separate
- Leg turns pale or blue in color
- Tingling or numbness in the leg
- Leg pain
- Coldness of the leg

Exercises

Getting back your strength and motion after knee replacement depends on you. Sticking to your exercise program will speed up your return to your normal activities.

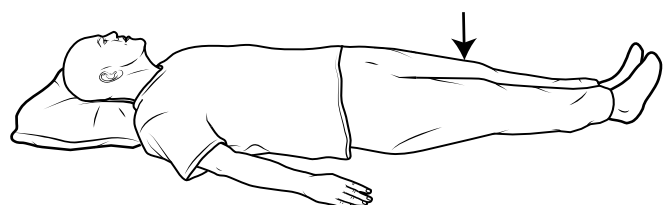
Do not wait until your therapist appointment to continue these exercises at home.

Instructions for doing your exercises

- Exercise 3 times each day. Repeat each exercise 10 to 15 times. Slowly increase how often you do the exercises as your knee becomes stronger.
- You may need help with these exercises at first. Have a family member come to the hospital to work with your and your therapist to learn how to help you when you go home.
- Place a plastic trash bag or a piece of cardboard under your operative leg to reduce friction if that is helpful to you.
- Do all exercises slowly with smooth motion.
- If a lot of swelling occurs, slow down to let the swelling go down.
- These exercises can also be done on your other leg.
- Remember to ice after exercise or heavy activity.

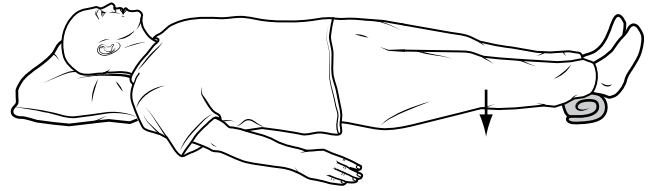
Quad sets

1. Sit or lie on a flat surface.
2. Tighten the muscles on the top or front of your thigh and flatten your knee onto the surface. To get the idea, have someone place a hand under your knee. Push your knee into the person's hand.
3. Hold for a count of 5 and then relax.



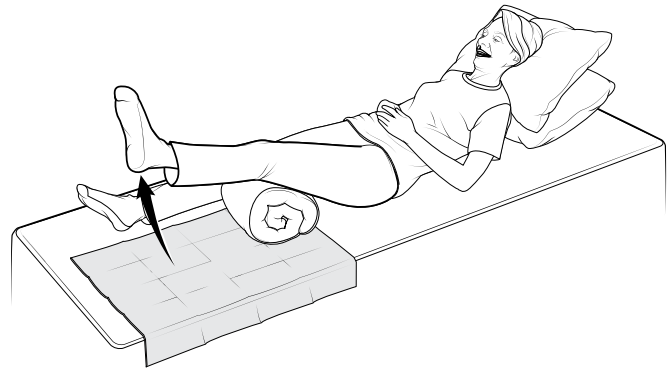
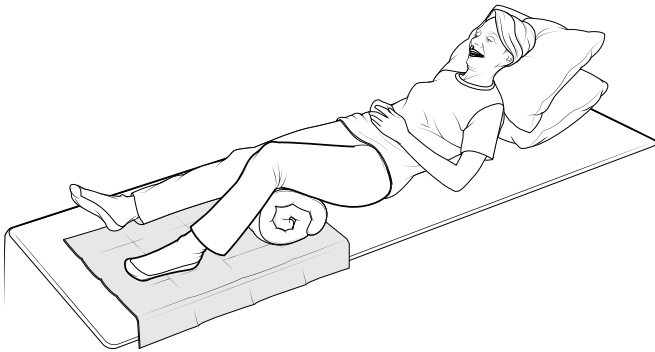
Quad setting and stretching

1. Place a 3 pound coffee can or blanket roll under your heel and tighten the top or front of your thigh.
2. Push down at your knee.
3. Hold tight for a slow count of 5, and then relax.



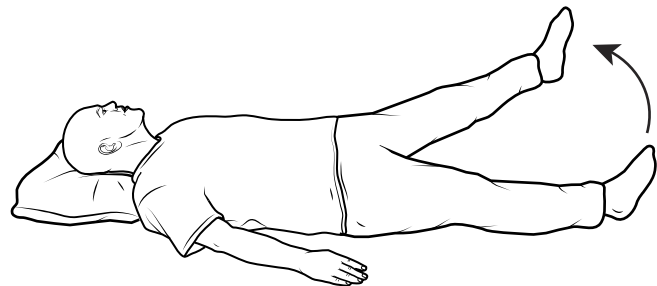
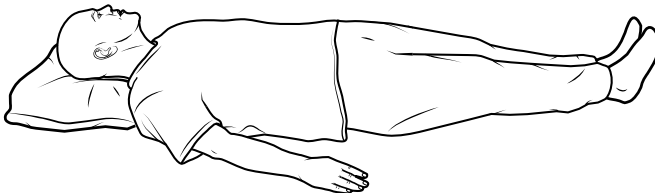
Short arc quads (blanket roll)

1. Place a blanket roll or 3 pound coffee can under the knee of your surgery leg.
2. Resting your thigh on the roll or can, lift your heel off of the bed, and straighten your knee as much as you can.
3. Pause and then lower your heel down to the starting position.



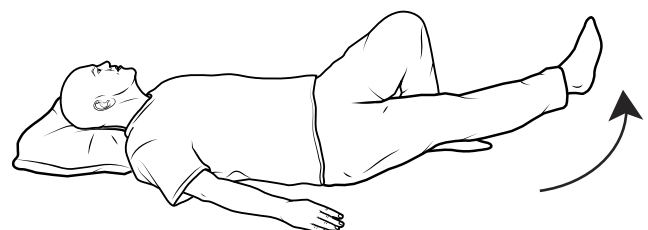
Leg to side (hip abduction and adduction)

1. Lie down on your back with your legs straight.
2. Keep your toes pointed toward the ceiling.
3. Slide your operative leg out to the side (like opening a pair of scissors).
4. Bring your leg back to the starting position.



Straight leg raises

1. Lie down on your back with your operative leg straight. Bend your good leg at the knee.
2. Lift your heel slowly off the bed. Raise your leg about 12 to 24 inches.
3. Slowly lower your leg to the bed, keeping your knee straight.



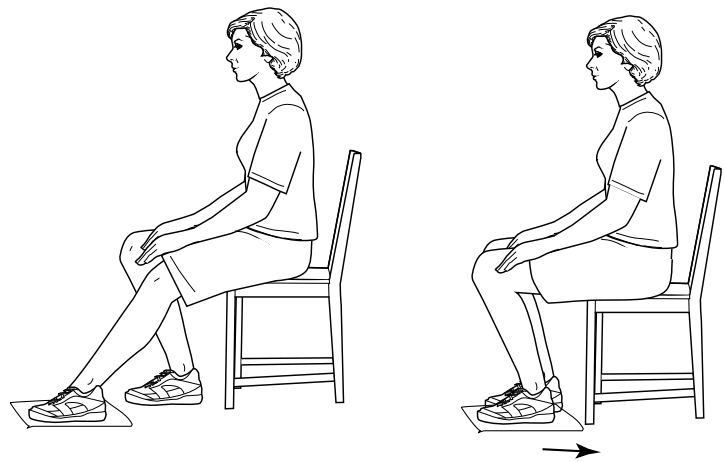
Knee extension

1. Sit on a chair or the side of the bed.
2. Lift your foot and straighten your knee.
3. Lower your foot back to the starting position.



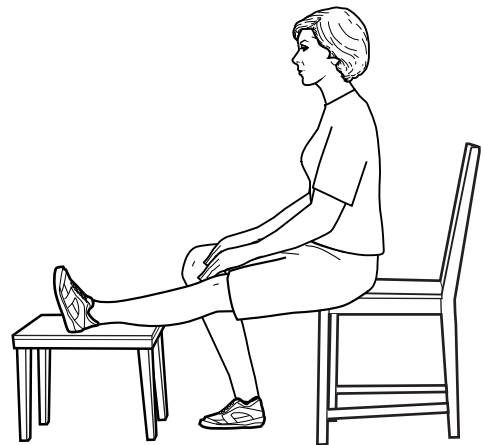
Foot slide

1. Sit in a chair and place your foot of the operative leg on a plastic bag on the floor.
2. Slide your foot back on the plastic, bending your knee as much as you can.
3. Hold for a slow count of 5, and then slide your foot forward gently.
4. Repeat and continue this exercise for 5 minutes.



Passive knee extension

1. Sitting on the edge of a chair or sofa, rest your heel on the edge of a stool, coffee table, or chair seat.
2. Keep your toes pointed toward the ceiling.
3. Allow gravity to straighten your knee.
4. Hold the position for 30 minutes, 1 or 2 times each day.



This handout is for informational purposes only. Talk to your healthcare provider if you have any questions about your care.

For more health information, go to wexnermedical.osu.edu/patiented or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.