

TOTAL KNEE REPLACEMENT

Equipment Used to Perform Activities of Daily Living (ADLs)

Elastic Laces

These laces are used to replace standard laces. Elastic laces allow you to slip into shoes as if they are slippers. The tension on the laces can be adjusted on your foot as swelling increases or decreases. (NOTE: It is not uncommon to see swelling of the feet for months after surgery).

Long-Handled Shoe Horn

This device is utilized to limit the amount of bending that is typically needed to put your shoes on. This device also assists with removing your shoes or socks.



Leg-Lifter

This device is used to assist with lifting legs into and out of bed, as well as into and out of the tub (if applicable). Do not depend on the leg-lifter alone to perform the above activities. It is more important that you use your own leg strength if possible. (NOTE: It is NOT suggested to grab pants or under the thigh in order to lift the leg—use the leg-lifter).



Reacher

This tool acts as an extension of your arm. Utilize this tool for any activity that requires you to reach or bend. This tool is helpful for everything from retrieval of simple items under 5 lbs. from the ground or any high surface, to putting on your pants and shoes.



Sock Aide

This tool is utilized to put on your socks. Place the sock on the end of the sock aide and pull the sock over top of the device. Make sure the sock is flush against the device opposite the end of the knots. Utilize talcum/baby powder on the sock aide to ease device onto the foot. (NOTE: If you are a diabetic with a history of foot care issues, consult your therapist first & do not use excessive amounts of powder). With one rope in each hand, lower the device to the floor. Slide your foot into the sock aide and use both hands to pull the ropes toward you until the sock is fully on your foot.



Long Handled Sponge

This device is used to wash below the knees, feet, and back without leaning in an unsafe manner. (NOTE: most sponges we provide will have a bendable handle to decrease twisting).

