

# Your Journey to Pain-Free Movement

**A Complete Patient Guide to Joint  
Replacement Surgery & Recovery**

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# The Blueprint for Mobility

Embarking on a structured, heavily supported partnership with Dr. Joshi's team.



## Phase 1: First Consultation

Evaluation & Planning



## Phase 2: Pre-Surgery Prep

Health & Home Readiness



## Phase 3: Day of Surgery

The Procedure & Anaesthesia



## Phase 4: Recovery Timeline

Healing & Milestones



## Phase 5: Physiotherapy

Regaining Strength & Motion

Phase 1

# The First Consultation



## What to Expect

- Physical exam & range of motion tests.
- Review of weight-bearing X-rays/MRIs (30-degree flexion view).
- Discussion of symptoms and personalized surgical options.



## What to Bring

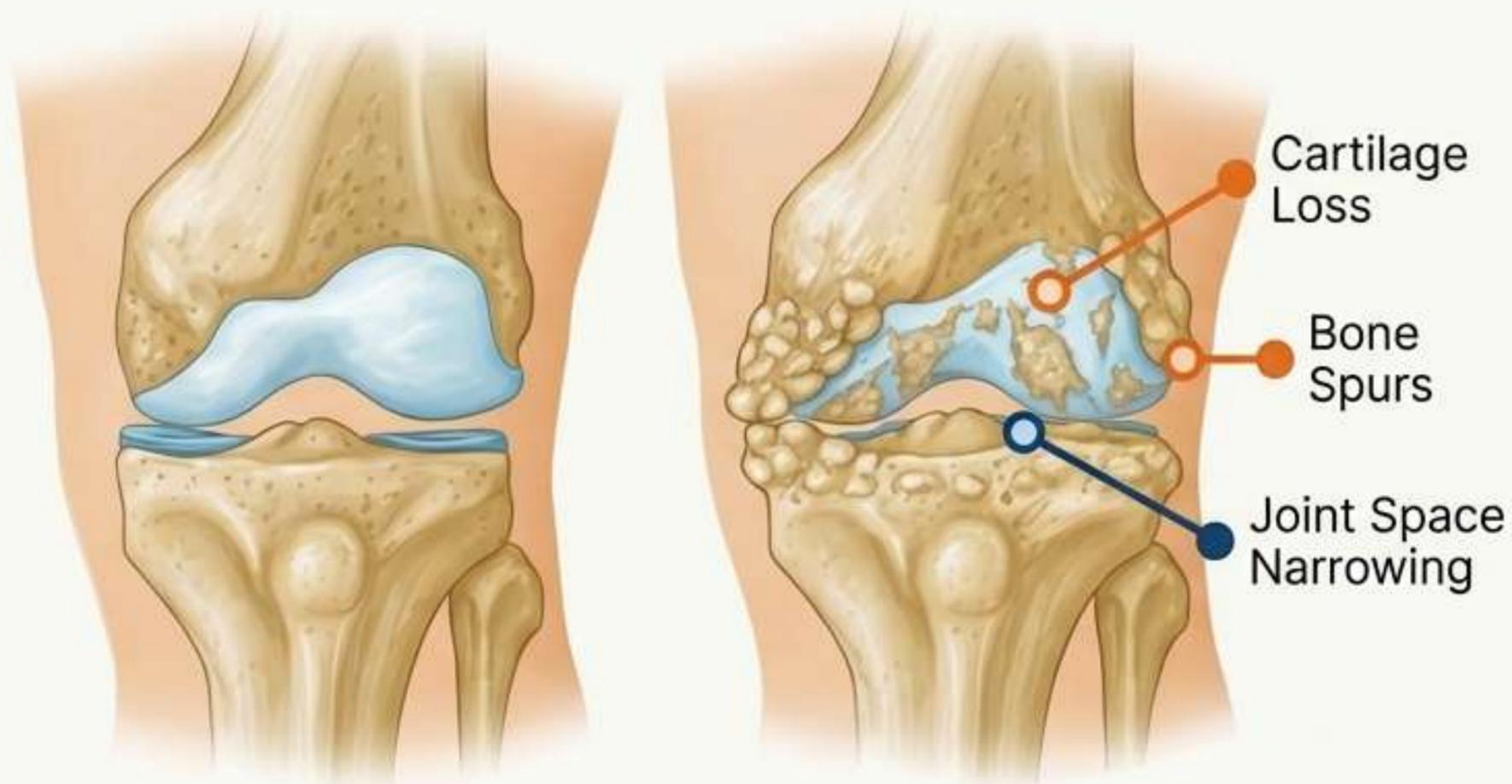
- Medical card & previous imaging reports.
- Complete list of current medications and supplements.
- A Joint Coach (a supportive family member or friend to assist throughout recovery).



## Questions to Ask

- What are my specific, personal surgical risks?
- What is the expected lifespan of my new joint?
- How long will my specific procedure and hospital stay be?

# Understanding Your Surgery



## ⚠ The Problem

Wear-and-tear (osteoarthritis) degrades the smooth articular cartilage, causing painful bone-on-bone friction, joint space narrowing, and stiffness.

## ✓ The Solution

Dr. Joshi will precisely remove the damaged bone and cartilage, replacing it with high-quality, durable implants to restore smooth, painless motion.

## Phase 2

# Health & Lifestyle Dashboard



### Exercise

Start pre-hab exercises now to build strength and endurance.



### Diet

Eat a balanced diet to aid post-op healing. Include protein for muscle repair and iron/calcium for bone strength.



### Vices & Blood Sugar

Quit smoking weeks prior to reduce infection and respiratory risks. Manage blood sugar strictly if diabetic.



### Medications

Crucial: Discuss stopping blood thinners, NSAIDs (anti-inflammatories), aspirin, or arthritis medications prior to surgery to prevent bleeding risks.

## Phase 2

# Preparing Your Home



### Living Area

Pick up all throw rugs (trip hazards).  
Move low-height tables to create wide pathways.  
Set up a firm chair with armrests.



### Kitchen

Move frequently used heavy/hot items to waist-level shelves to avoid bending or reaching.  
Prepare and freeze meals.



### Bedroom

Plug in automatic nightlights. Place a lamp and cordless phone close to the bed.



### Bathroom

Install grab bars (into wall studs).  
Get a raised toilet seat or commode.  
Use a non-slip bath mat or adhesive strips.

## Phase 2

# What to Bring to the Hospital

### Clothing

Loose, comfortable clothes (tracksuits), undergarments.

Must bring comfortable, non-slip walking shoes/runners.



### Essentials

Personal toiletries, glasses, hearing aids (with cases/batteries).



### Equipment

Your 2-wheeled walker, if you already have one.

CPAP machine if used at home.



### Leave Behind



All jewelry, valuables, and tight or restrictive clothing.

## Phase 3

# The Day of Surgery



## Phase 4

# Early Recovery Timeline (Weeks 1 to 6)

### Days 1 to 7 (Hospital to Home)



**Mobility:** Walking with a walker/crutches. Focus on full knee extension.  
**Care:** Swelling is normal; use ice and elevate the leg.  
**Goal:** Safe discharge home (usually within 1 to 3 days).

### Weeks 2 to 3



**Mobility:** Transitioning to a cane. Walking/standing for 10+ minutes.  
**Care:** Showering is allowed once the surgical wound fully seals.  
**Goal:** Achieve a 90-degree knee bend.

### Weeks 4 to 6



**Mobility:** Returning to light daily activities (cooking, desk work).  
**Milestone:** Driving may resume if completely off prescription pain medications and cleared by Dr. Joshi.

## Phase 4

# Long-Term Recovery (3 Months to 1 Year)

**3 Months**



Dramatic improvement in strength and range of motion (up to 120 degrees). Return to low-impact activities like swimming, stationary cycling, and golf.

**6 Months**



The joint feels increasingly natural. Walking long distances without pain.

**1 Year**



Full recovery. The joint is fully integrated, stable, and resilient.

**Long-Term Rule:** To protect your implant and ensure it lasts **20+ years**, high-impact sports (running, heavy lifting, high-intensity basketball) should generally be avoided.

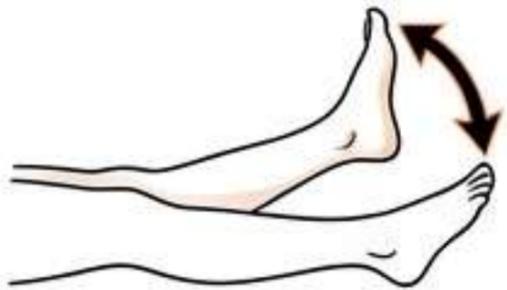
## Phase 5

# Dr. Joshi's Physio Series: Early Stages

**Golden Rule:** Do not push through severe, sharp pain. **Mild discomfort and stretching sensations** are normal.

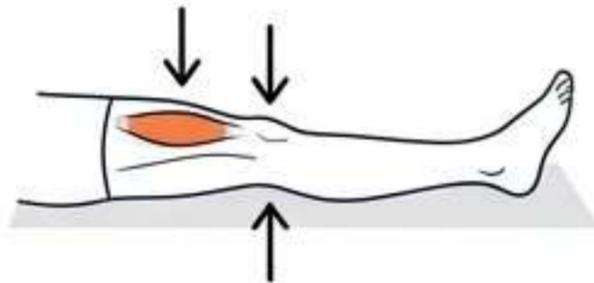
### Ankle Pumps

Move feet up and down repeatedly to boost circulation and prevent blood clots.



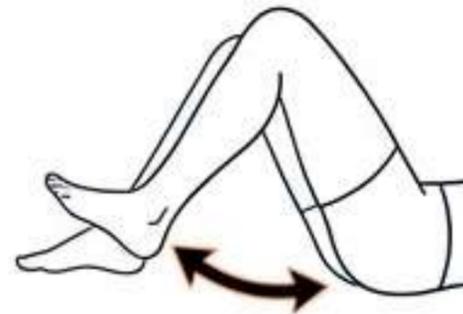
### Quad Sets

Tighten thigh muscles, pushing the back of the knee down firmly into the bed.



### Heel Slides

Slowly slide your heel toward your buttocks, bending the knee, then straighten.



### Straight Leg Raises

Keep the leg completely straight and lift it a few inches off the bed.



# Dr. Joshi's Physio Series: Advanced Stages

## Endurance (Weeks 4+)



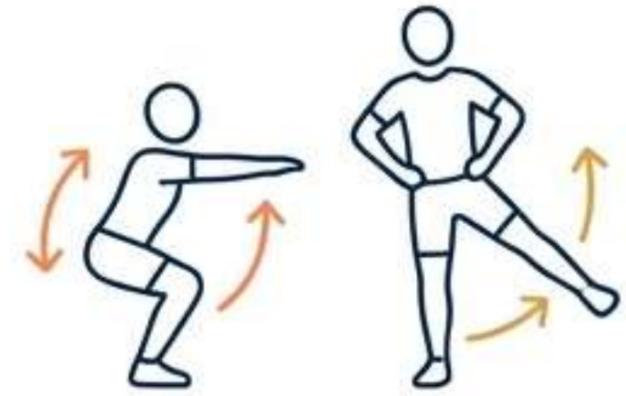
Stationary bicycling (start with 5 mins, low resistance, gradually increase). Step-ups using a small stair block.

## Balance (Weeks 6+)



Single-leg stands. Crucial: Always hold a sturdy chair or countertop! Once confident, try closing your eyes for a greater challenge.

## Strength



Mini-squats (bending knees slightly) and standing side leg raises.

**Key Insight Box:** Consistency is key. 20 minutes of daily exercise is far better than 2 hours once a week. Always take 5-10 minutes to cool down and ice sore muscles.

# Navigating Stairs After Surgery

## The Golden Rule of Stairs

Good leg to heaven, Bad leg to hell!

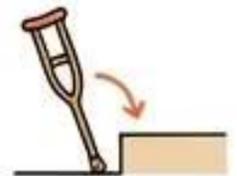
### Going UP

1. Step up with your strong/unoperated leg FIRST.
2. Bring up the operated leg.
3. Bring up the crutch/cane last.



### Going DOWN

1. Lower your crutch/cane FIRST.
2. Step down with your operated leg.
3. Finally, bring down the strong leg.



# Managing Your Health Post-Op

When to call us

<p><b>GREEN</b> (Normal - Keep going)</p> 	<p><b>Symptoms</b> Mild to moderate swelling, warmth around the joint, bruising down the leg, manageable pain.</p>	<p><b>Action</b> Continue ice, elevation, and prescribed medications.</p>
<p><b>YELLOW</b> (Call Dr. Joshi's Team)</p> 	<p><b>Symptoms</b> Increased redness, oozing/pus from the wound, pain not controlled by medication.</p>	<p><b>Action</b> Call the hospital clinic for a prompt review appointment.</p>
<p><b>RED</b> (Emergency - Go to A&amp;E)</p> 	<p><b>Symptoms</b> Severe calf pain/cramping, sudden chest pain, difficulty breathing, high fever.</p>	<p><b>Action</b> Seek immediate emergency care (these may be signs of a blood clot).</p>

# Take the first step toward pain-free movement.



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**Scan the QR code to easily  
book your consultation today.**

