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TOTAL KNEE REPLACEMENT

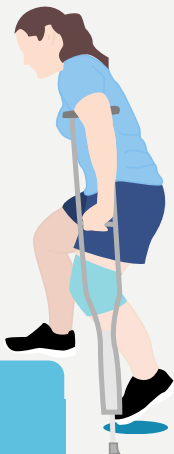
St George SportsMed
Level 2, Suite 201
131 Princes Highway
Kogarah NSW 2217

Preparation & Home Modifications

GAIT Education

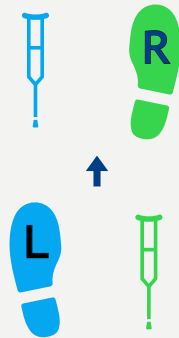
STAIRS & CRUTCHES

*Good Foot Up To Heaven
Bad Leg Down To Hell*



2 POINT GAIT

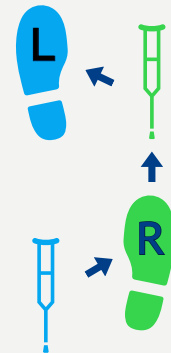
R Crutch + **L** Foot then
L Crutch + **R** Foot



4 POINT GAIT

Resembles "Normal Walking"

L Crutch then **R** Foot
R Crutch then **L** Foot



Hazards At Home

TRIP HAZARDS: Ensure a safe environment by eliminating trip hazards and reducing the risk of falls and accidents.



HYGIENE: Maintain a clean and sanitised home, fostering a hygienic environment crucial for post-surgery recovery.



FOOTWEAR: Choose comfortable shoes with non-slip soles to provide stability and support, enhancing safety and mobility.



CLUTTER: Clearing clutter improves safety and reduces the chance of accidents and injuries, making the environment safer and more secure.



2 weeks Return to rooms for a post-op appointment.

5-6 weeks Telehealth Appointment with our Nurse Practitioner

Contact us anytime (02) 8537 3100.



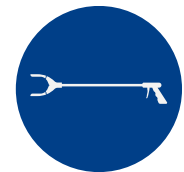
Over Toilet Aid



Shoe Horn



Shower Chair



Long Handled Reacher



Wall Rails

If you are interested in renting any of these **HOME AID** products, please contact our rooms.

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