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# TOTAL KNEE REPLACEMENT

St George SportsMed

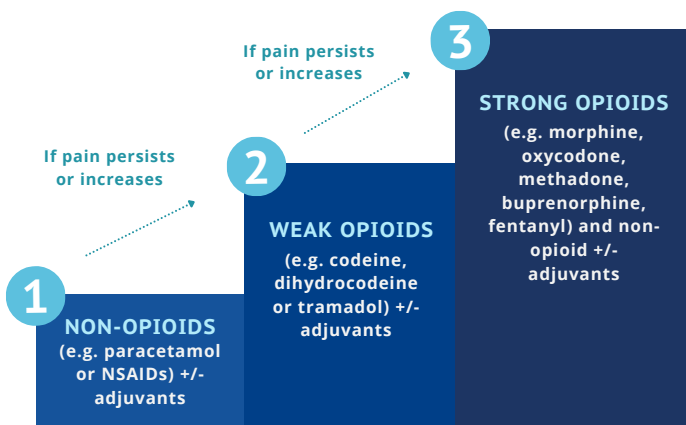
Level 2, Suite 201

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## PAIN MANAGEMENT

### WHO Analgesic Ladder



### Pain Management Techniques



#### TENS

Transcutaneous Electrical Nerve Stimulation (TENS) uses low-voltage electrical currents to provide pain relief.



#### COLD THERAPY

Ice reduces pain after knee replacement surgery by numbing the area, constricting blood vessels, and minimising inflammation.



#### PACING

Pacing post-op balances rest and activity, preventing overexertion and promoting a smoother recovery.

### Mental Preparedness



ANXIETY ALLEVIATION



ENHANCED COPING SKILLS



EMPOWERED DECISION MAKING



POSITIVE OUTLOOK

### Breathing Exercises



#### DEEP BREATHING

Inhale deeply through your nose, expanding your diaphragm. Exhale slowly through pursed lips, allowing your abdomen to deflate.



STRESS REDUCTION



ANXIETY MANAGEMENT



IMPROVED FOCUS & CONCENTRATION



ENHANCED OXYGENATION



LOWERED HEART RATE



PAIN MANAGEMENT



ENHANCED EMOTIONAL REGULATION



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