

Total Knee Class

Kaiser Fremont Physical Therapy Department
39400 Paseo Padre Parkway Fremont, CA 94538
(510) 248-3200



Patients who have recently had a total knee replacement will be sent to Physical Therapy to participate in the Total Knee Class. The first appointment will be an initial consultation with a Physical Therapist. The Total Knee class meets in the Physical Therapy Department every Tuesday and Friday from 10:00 to 12:30. On average, patients will continue attending the class for 2-3 months after their initial consultation

FREQUENTLY ASKED QUESTIONS

- **Do I have a co-payment?** Yes, you will pay a co-payment for a class setting. Our receptionist can assist you in determining what the cost will be
- **Do I have to come twice a week?** To get the most benefit from the process of Physical Therapy and the Total Knee Class we encourage you to attend twice a week.
- **Do I have to stay the whole 2 ½ hours?** The time spent in the class varies depending upon the vigor of the exercise program. Typically a patient may spend 60-90 minutes in the class
- **What do I wear?** clothing that will easily expose the entire knee
- **Where is the closest parking?** There is a small parking lot off of Walnut street. There is also a drop off spot in this same area which is near to the receptionist desk
- **What should I expect in the class?** The class will consist of exercises to improve your range of motion and strength, as well as assist you with your gait and functional activity

Total Knee Class

Kaiser Fremont Physical Therapy Department
39400 Paseo Padre Parkway Fremont, CA 94538
(510) 248-3200

MORE FREQUENTLY ASKED QUESTIONS

1) My knee makes a 'clicking' noise, is that normal?

Many patients complain about 'clicking' in their knee. This is due to some rubbing of the artificial joint, which may cause an audible sound with motion. There should not be any concern for adverse affects from this. If the sound is accompanied with pain or you continue to be concerned about it, please talk to your physical therapist.

2) Should I continue to ice?

Yes, continue to ice, especially after exercising at home, walking or after the total knee class. A good rule of thumb is that if the knee feels warm or hot to touch, place ice on the knee for 20 minutes at a time.

3) I am still having a lot of pain, is that normal?

Yes. You must remember you just had a very major surgery. Pain should be expected especially during the first 3 months, so continue to use prescribed pain medications and ice as needed. Some patients can continue to complain of residual pain and stiffness for up to a year.

4) When can I drive?

Please speak to your doctor regarding when you can drive. On average, if you have had a left knee operation, your doctor may give you permission to drive about 4 weeks after surgery. If you have had a right knee operation, your doctor may give you permission to drive about 6 weeks after surgery. However, this may fluctuate from patient to patient, so please consult your doctor on your follow up visit. If you have trouble finding a ride to physical therapy appointments/classes, there is a para-transit service available to pick you up and drop you off. For Newark paratransit call (510) 791-7879; for Fremont call (510) 793-7309; for East Bay call 1-(800) 555-8085.