

Knee Replacement Home Prep Checklist

A one-weekend plan to get your home ready before knee replacement surgery — written by a Doctor of Physical Therapy for patients and families in Northern Virginia and Washington, DC.

Your recovery spot

- ☐ Firm chair with armrests, not too low to stand from
- ☐ Pillows for supporting the leg as your team advises
- ☐ Cold pack ready in the freezer, plus a thin cloth
- ☐ Phone, charger, water, and medicines within reach

Walking paths

- ☐ Wide, clear path — no loose rugs or cords
- ☐ Night-lights from bedroom to bathroom
- ☐ Closed-back, non-slip shoes that are easy to put on
- ☐ Walker or crutches fitted before surgery day

Bathroom

- ☐ Raised toilet seat or frame, if your team recommends it
- ☐ Shower chair and non-slip mat inside and outside
- ☐ Toiletries at a height you can reach without bending

Kitchen and help

- ☐ Easy meals prepared or frozen ahead
- ☐ Everyday items moved to counter height
- ☐ A named helper for the first days and for rides

Before you leave the hospital, confirm: weight-bearing status, any movement precautions, incision care, medicine schedule, driving restrictions, and the date of your surgeon follow-up.

Call your surgeon or seek urgent care promptly if you notice:

- Fever, chills, or feeling increasingly unwell
- Increasing redness, warmth, or drainage from the incision
- Calf pain or swelling, or swelling that suddenly gets much worse
- **Chest pain or shortness of breath — seek emergency care**
- A fall, or a sudden inability to bear weight

This list is not complete. If you are worried, call your surgical team.

Three questions to ask at your first PT visit

- ☐ What are my most important goals for the next two weeks?
- ☐ What in my home setup should I change?
- ☐ What should I do on a day the knee feels more swollen or stiff?

\$49

FULL GUIDE

WANT THE FULL WEEK-BY-WEEK PLAN?

After Knee Replacement: Your First 6 Weeks at Home

The 12-page guide covers weeks 1–6, a room-by-room safety review, questions for your surgeon and PT, and a printable tracker. The \$49 bundle also includes a free 15-minute consultation call.

Get the full guide

Book a free 15-min consultation

Call (571) 306-0250

General education only — not medical advice. This checklist does not replace your surgeon's protocol or your physical therapist's program; follow their instructions first. In-home physical therapy is available in Northern Virginia and Washington, DC; telehealth PT only for people physically located in Virginia or DC at the time of the session. PTN Fitness does not provide physical therapy to Medicare beneficiaries. No outcome is guaranteed.