

## **Total Knee Replacement Fitness Program- After Surgery Equipment Recommendations**

In this video Alex and Mike give recommendations on equipment needs following Total Knee Replacement Surgery.

Note: Every patient will have different needs. Some will need certain equipment, while others will not.

1. Ice Packs
2. Pillow wedge or extra pillows
3. Walker, crutch, or cane
4. Toilet riser or over toilet commode
5. Leg lifter
6. Tub transfer/ shower chair
7. Grab bars
8. Handrails on steps
9. Reacher
10. Sock aid/shoehorn
11. Bob and Brad Knee Glide and stool
12. Ace wrap or other compression garments