



Adaptive Equipment Corner

If you can't do it, adapt it!™

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Office: (618) 206-8401

Pre & Post Total Knee Replacement Surgery Video Series Table of Contents

A Knee Series Introduction

- ~A Knee Series Introduction Video
- ~How to Walk Up & Down Stairs After Surgery

Bathroom

- ~An Introduction to Bath Tub Aids
- ~Bedside Commode Frame Over the Toilet
- ~Bolted Toilet Seat Riser
- ~Compact Safety Rails for the Toilet
- ~How to Use a Tub Transfer Bench
- ~Raised Toilet Seat w/ Clamping Mechanism
- ~Stand Alone Safety Rail for the Toilet
- ~Using a Shower Curtain w/ a Tub Transfer Bench

Bedroom

- ~An Introduction to Bed Transfer Aids
- ~Getting In / Out of Bed

Car

- ~Car Transfer



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General Helpful Tips

- ~Additional Helpful Equipment
- ~Cold Therapy Tips
- ~Home Alone Tips
- ~How to Elevate the Knee Post Surgery
- ~How to Make & Use a Platform Riser
- ~How to Use a Sock Aid

Knee Pre & Post Surgical Exercises

- ~An Introduction to Knee Pre & Post Surgical Exercises:
- ~Ankle Pumps
- ~Glut Sets
- ~Heel Slide
- ~Heel Slide Using a Leg Strap
- ~Hip Abduction / Adduction
- ~Long Arc Quad
- ~Quad Sets
- ~Seated Calf Stretch
- ~Seated Hamstring Stretch
- ~Seated Knee Flexion
- ~Short Arc Quads
- ~Standing Calf Stretch
- ~Straight Leg Raise



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