



S.T.A.R. Orthopaedics, Inc. located at the Bone and
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Dr. Sinha's Instructions for Total Knee Replacement Patients at the Two Month Visit

1. You should be close to no longer needing your cane.
2. You may need more physical therapy, depending upon how you feel and upon your muscle strength.
3. Walk, walk, walk!
4. You should not need much pain medication, if any, by now.
5. You may still have a limp. No need to worry...it almost always resolves by 6 months.
6. It is safe to have dental work (with preventative antibiotics).
7. There are no restrictions in activity from our standpoint. Be sensible, though.
8. We will either check you again in 2 months or 1 year.