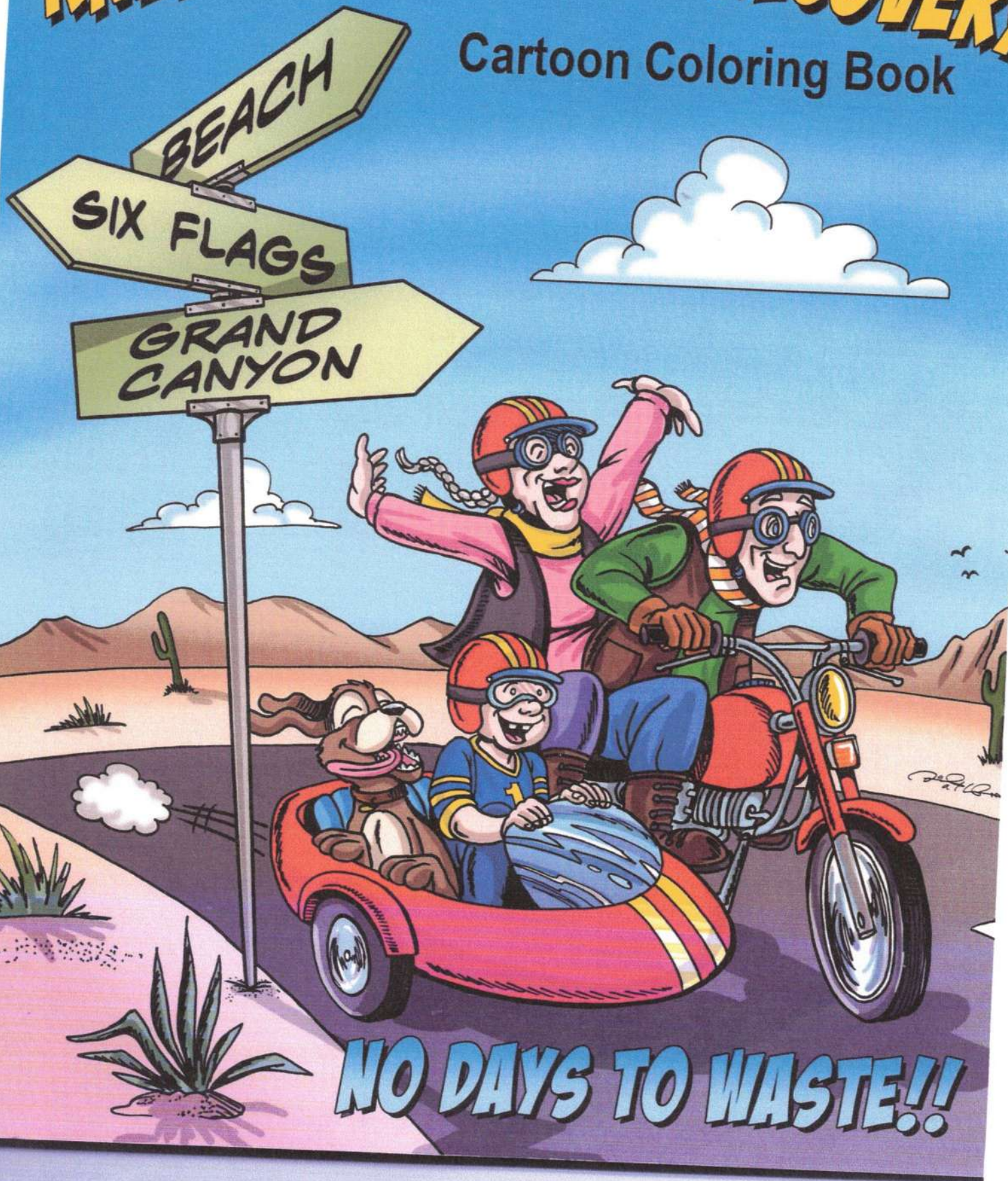


COLOR AND LAUGH YOUR WAY THROUGH:
KNEE REPLACEMENT RECOVERY

Cartoon Coloring Book



What to Do With Your New Color Cartoon Book

Laughter is truly the best medicine although at the time it may seem impossible to laugh.

The pages were created and designed to take a light view of the trials you may have to overcome and to connect your own knee replacement recovery story with the stories of many others who have gone before you. It was not designed as an instruction manual.

Some pages will feel as though they were created just for you and your situation. You may not recognize the full humor of other pages till later in your journey.

Coloring in the pages will add hours of enjoyment and diversion while you are house bound.

For those new to adult coloring, use a colored pencil or gel pen, not a crayon. You'll be passing the time between exercises sessions and forgetting the discomfort of a swollen knee while you create your own unique piece of artwork.

In the 3 weeks time it will take you to complete one color page a day, you'll be well on your way to healing and recovery of that stubborn surgical knee.

Most of all enjoy the journey.

Who'd of Thought ?

Stranger Things Have Happened

I'm Steve the guy with the bad knees, my next door neighbours of over thirty years are David and Maureen, they have always taken a genuine interest in anything I do and in that vain, knowing I was having surgery I assume they thought at the time it might be good idea to buy me a little something to keep me occupied during my recovery, as thoughtful as that was I don't want to seem disingenuous but I'm the least likely candidate of all to engage with and benefit from an adult therapeutic colouring book, I'm not creative or artistic by any stretch of the imagination it must be 55 years since I last put crayon to paper in anger, even the grandchildren will not let me help to colour in with them although I am allowed to watch them do it, my wife Lynn, as would anyone else who knows me would be sceptical of the usefulness and have grave misgivings as in the unlikely event I started, it would never reach fruition remaining another unfinished project

When I finally sharpened the first crayon and took the plunge it was purely for my own amusement not to prove points, or people right or wrong it was very much a I'll see how I go on type of thing

If you persevere you can judge but I think the end result is half decent, before I passed it back to Maureen for marking I decided to bring something extra to table and as far as practical add my personal account to the sketches in hope of giving them both an insight into just what torment I had been going through, these recollections are all true, no artistic licence was used (*I had to shoe horn that in*) and this is the back story as to how the original book came into my possession, that book has been put away for safe keeping, in with some other junk type stuff (*I mean family memorabilia*) in 36 years time Mark my son and Rachel his wife will find it, and it could become the discovery of Steve's long lost hidden master pieces, sorry but what you are going to be looking at is only a worthless copy

This book has achieved the anticipated result in that I completed it and both Maureen and David enjoyed the read and this should have been the end of this page, this is all the book was intended to be, a bit of fun and entertainment, and in that it was successful, the next paragraph is a after thought always one to attempt to exploit an opportunity though this was never conceived as fund raiser the books continued success is now very much in your hands

My sister Lynne supported by others operates a registered charity, Cascade Baby Bundles based in Hyde, I doubt you will have heard of them but Google them they are there for all to see You have sussed where this is heading, it's all about you from now on in, if you read to the end and agree with David and Maureen's marks maybe a small donation just say gifted from TKR just so they know why the odd quid here and there turns up, I appreciate the pensioners are biased so if you don't agree with them and want to risk hurting their feelings and offending them it's fine

Honestly only support if you want and are able too there is absolutely no pressure to do so we are all friends having a giggle (*at my expense*) and that is how it needs to remain

Steve

TKR

09 November 2020 I went into hospital for a Total Knee Replacement (right knee or in automotive terms O/S) (still the N/S to go), three days later with assistance and encouragement from Lynn I hobbled back home on crutches to welcoming reception from our lovely neighbours Gill & Dave no of course it wasn't those it was the even more lovely and my favourite neighbours Maureen & David

Anyway waiting inside along with a collection of get well cards was this colouring book, now in my defence I had just walked further than I had at any point till then, it had been a struggle and I was in immense pain so along with the cards the book got a quick glance not the attention they deserved and left somewhere I don't know where and to be honest I didn't really care I couldn't be bothered with anything at the moment in time and that could have been the end of this story, and the book I knew about adult colouring and the topic fitted my demographic but mean I am 64 Years 1 month old do I need to be colouring at my age

One week post-op and the book resurfaces amongst some other stuff complete with crayons, a quick flick through and back it went from where it came

Two weeks post op things are going well, I'm feeling a little brighter, that's when I'm not asleep, I'm looking after myself during the day with the help of Maureen & David who keep a look out for me, Washed, dressed, said ta ta to Piers and Susanna, physio exercise done and the third ice pack applied and it's 10.00 o'clock brew by which time having caught up on TV most stuff I wanted to watch whilst holding some back in reserve, I've still along way to go, I was looking for something to keep me occupied when I thought "where's the effing book"

Come on Steve it's about time you got some manners on you lad, it was given to you with the best of intentions, complete with crayons no excuses, you pity-full ungrateful sniffing, miserable sorry for yourself little sod, the least you can do is give it a go

Self duly sorted, music playing, I embark on page 1 of my therapeutic colouring experience determined to give it a good honest shot, now I feel the pictures speak for themselves my colouring skills are more immature than I hoped, think more Lowery's cats n dogs on a bad day than Pablo Picasso on his finest, but I feel there was improvement page by page, there's certainly no career change planned or warranted, but each day this became a look forward to part of my daily schedule, Small Faces, Tin Soldier playing (*not too loud don't want to annoy the neighbours*) and off I went enjoying the distraction of colouring with the music taking me anywhere from Glen Miller, Johnny Cash, or the Vietnam war sound track for company

It was a gift, I'm not interested in the cost but the help it gave me on this journey has been priceless, and proved to be one of the better experience's, a massive Thank You to both you not only for the book but your continued support, I Had no idea what to expect or where a TKR would take me but I thought while you take a look at my efforts I would explain some of my experiences not that they were that humorous, well not at the time, probably not at all

I never hated my surgeon but don't tell him he wasn't the first choice

I am fortunate enough to have medical insurance which allows me a degree selectiveness as to who I approach to carry out the surgery, not that I would profess to know who's who in the world T.K.R.

Early October 2020 Rachel emailed a consultant, I don't how or why she choose him I think it was a random choice, eventually a reply came for me to contact the office, now this is not being big headed but I thought we had already done that and I didn't feel the need (*Oh I just hate this next statement*) "to reach out to" (*there I've typed it*) the office again so that was a dead end

I had an laparoscopy (*here's a surprise I nearly listed the wrong procedure, don't ask*) on my right knee the last conversation I had with the consultant was "your knees shot, have some recuperation time to get over the anaesthetic and come and see me in three months and I will put you a new knee in "

I had an open invitation this was my preferred choice, trouble is that conversation was eleven years ago, I couldn't even remember his name but working on the theory he did such a good job last time he must the man, after endless research (*I even enlisted Rachel's assistance this how endless we went*) some how we found him, I don't know how all the information I recalled was completely wrong but if you are searching the correct hospital with the key words "Knee replacement" and your name doesn't come up it is not very encouraging, it appears while my go to knee guy was still practising and indeed still performing T.K.R. his area of expertise had moved more towards ankle and foot problems, I was beginning to feel he was maybe not the man for this job after all, but during the research project, the Goggling of knee replacement Manchester kept bringing up the same name to the top of the list, a little more investigation work this guy seemed young, keen, passionate up to speed with modern techniques so much so when he performed the operation it was robotically assisted, well my head was turned, and to back this up in every review I read nobody had a bad word to say about him which must be a plus point given what I was about to trust him to do and so it became Mr Winston Kim was the chosen one, but at this point I hadn't told him

We had an initial consultation my impression's proved correct and a date was set, and that is how I was about to became one of Mr. Kim's patients, you can include me on the list of people who don't have a bad word to say about him, and I never hated him at any time, although I would say that as I have yet to have the other knee replaced at some point LOL



**"WHAT IN THE HELL WAS I THINKING
WHEN I AGREED TO THIS SURGERY?!"**

ARTWORK BY: DAVE ALLRED

COLORED BY: *SB*



**WHAT YOU REALLY WANT
TO DO WITH THE CPM MACHINE.**

ARTWORK BY: DAVE ALLRED

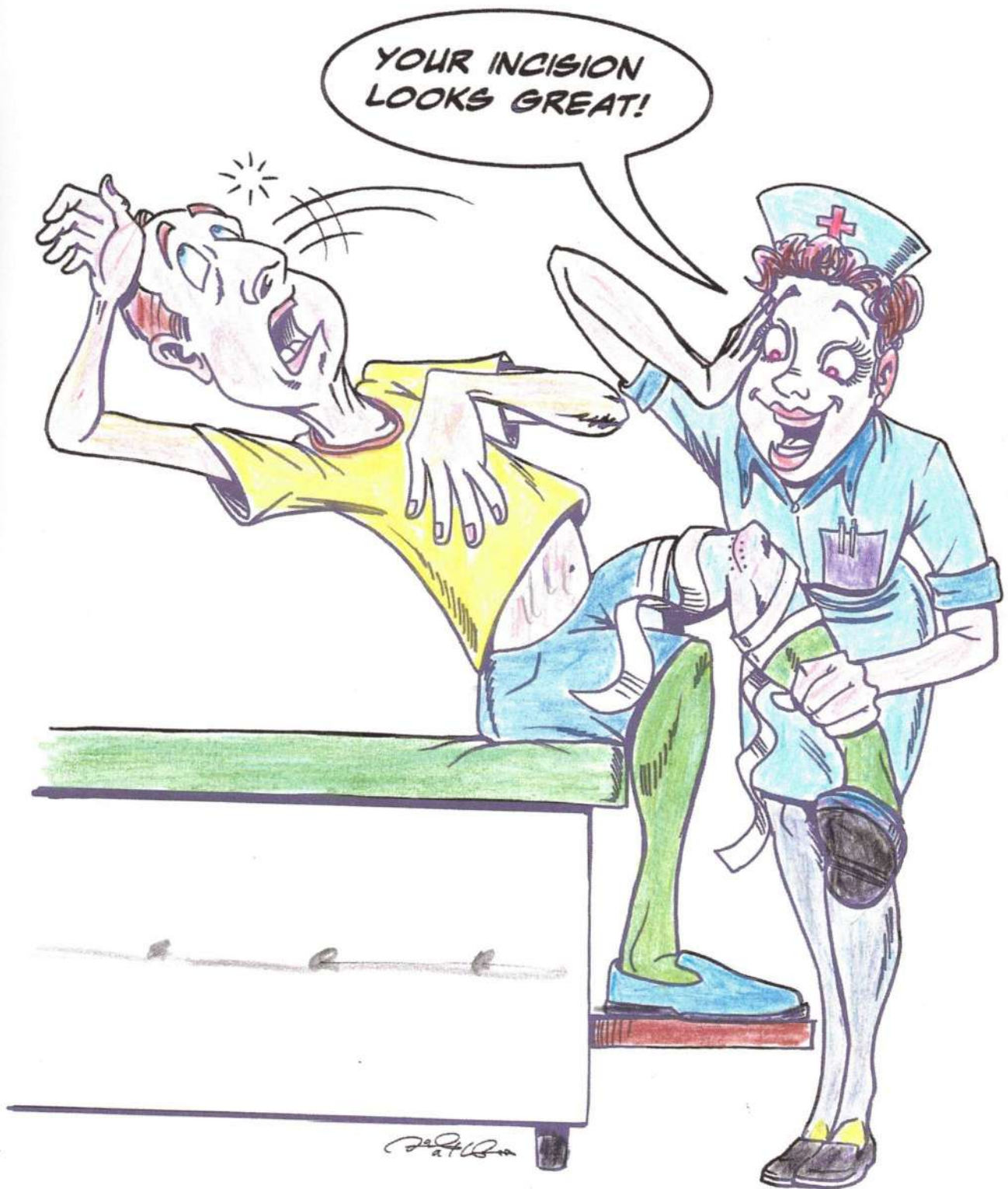
COLORED BY: *AS*

A what Machine ?

I've had the operation and I didn't know, to save you having to Google it CPM Continuous Passive Motion a machine that slowly and gently flexes and extends the knee joint after replacement surgery

So I appear to have been spared this gadget it must be an American thing

I feel like this with most machines (*even computers, well mostly computers*) when they go wrong



ARTWORK BY: DAVE ALLRED

COLORED BY:

SB

"Shall we have a little look at you leg"? The nurse said

Day 3 post op that was what the nurse proposed, I wasn't too keen as I gingerly rolled my green support stockings down, from here on to be known as tights only because it gets on Lynn's nerve when I say that, yes I do mean singularly as at the time of writing (*not day 3*) I have all but used up her good will and we are near running on empty on sympathy tank

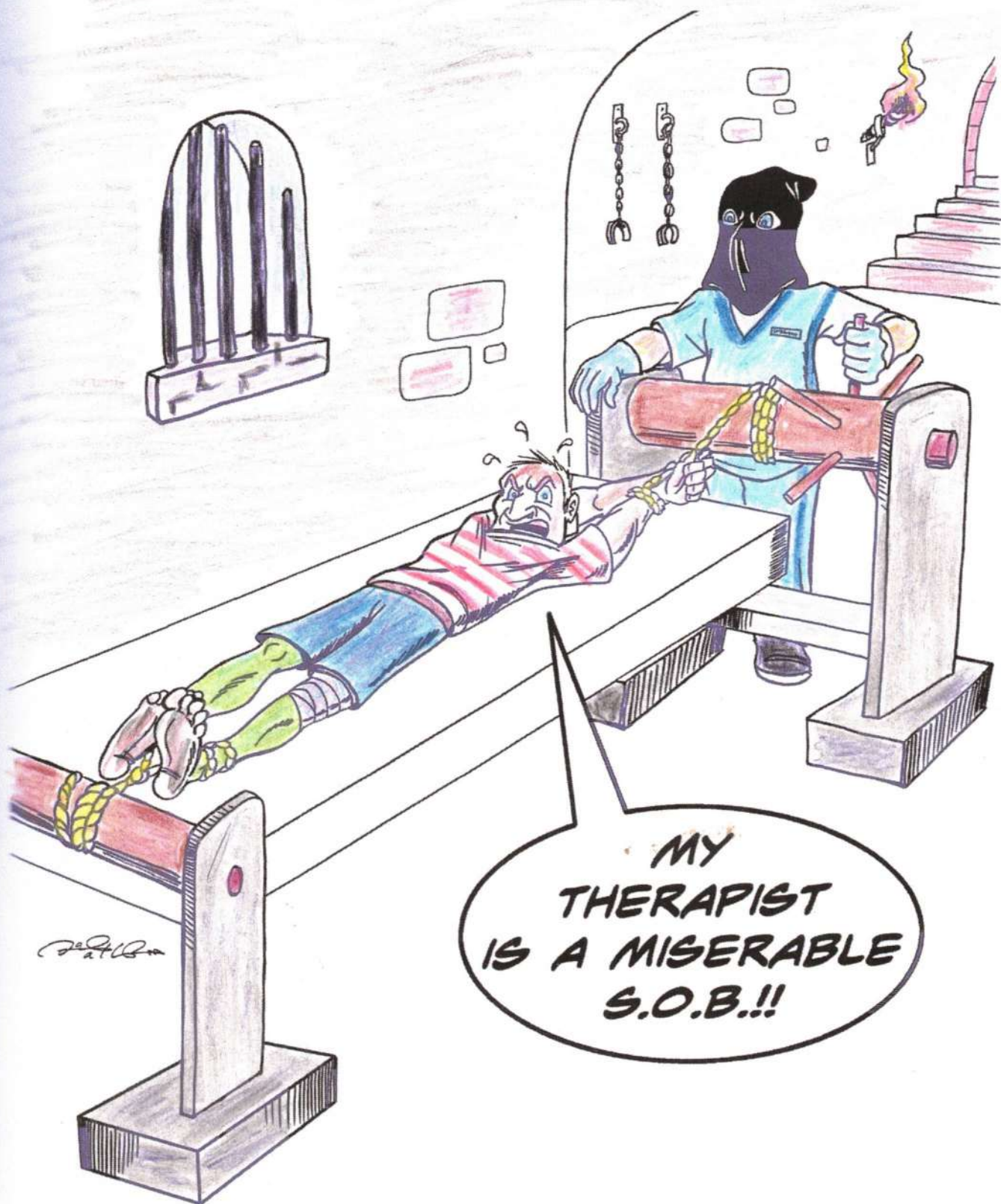
The nurse took over unwinding the outer bandages, there were so many I don't know whether she got fed up or tired but as we got to the last layer she announced "that looks fine, no bleeding we won't disturb it any more" then I was promoted to care nurse "I give you some bandages to take home, change the dressing if it starts to bleed through"

I thought she does not know me I must look far more capable than I am, I can't even dress myself in the correct clothes unless they are left out for me never mind change a dressing, before she had finished speaking I was thinking there is little to no chance of me unwrapping this, and that's how it remained till day 10 ish stitches out day

"Right lets have a look at your leg" a different nurse said, I started rolling down my right tight "oh I will help you with that" she said I thought well that's good I'm at least demoted from care nurse, as she unravelled the last few turns of bandage to reveal a second smaller incision lower down my leg than the main attraction which gives the game away, turns out this is where a camera or sensor is mounted "oh your the guy that's had Stryker Maco" (*robotically assisted*) she said it in away that I took to mean it had a bit individuality attached but not quite pioneering recognition, I was just about start lapping up the unexpected celebrity status, when I realised I couldn't actually work out whether she was impressed or was taking pity on me, this reaction has happened a few time since and I still don't know which it is and I'm too scared to ask

Stitches out time, a secondary benefit of wearing a face mask is I can do the brave boy act as the nurse doesn't get to see my facial expression as lie there wincing as the stitches are removed one by one, the only give away is the tears trickling down the inside of the mask

The truth was everything was far better than I expected a nice straight cut, clean and healing well I don't know who did the cut the robots or steady hands Kim but it's a peach of a job



ARTWORK BY: DAVE ALLRED

COLORED BY: SB

You will have to push yourself

Week 5 post op report, I'm doing all the exercises whether they are right or not who knows but movement in the joint is not what it should be, as usual it's down to me, apparently I need to find my big boy pants as I'm not doing enough, you see when I get to the point of pain you don't stop you go a little further, stop and hold for 5 seconds and relax, I know it just doesn't seem natural to inflict even more pain to gain, we are not at rack stage yet but it could become an option, whatever I can't blame the physiotherapist it has to be my knee my problem, form an orderly queue for a go turning the screws on the rack



**NURSE RATCHED MADE IT CLEAR
THERE WOULD BE "HELL TO PAY"
IF PAIN MEDS WEREN'T TAKEN.**

ARTWORK BY: DAVE ALLRED

COLORED BY: SB

Here's your tablets to Tat ta

Never had a problem what ever they offered I took, it even got a stage where if I thought they over due I asked for them, talking of which when it came time to go home I was all packed up ready to go I had a small pack of tablets to take with me to get me started till I could get a prescription I was taking 8 a day so they would not last long, about 10 minutes before I was due to leave trying to save my stash I asked for a couple of pain relief tablets thinking they may just help with the walk to the car and the journey home, only to be told rather abruptly I had a packet in my bag and I would have to use those, I'm not a sensitive soul and I will get over it but it just show's how things change, in the blink of an eye we had gone to yes for anything you asked for to point blank no chance, but seems like my tab had been closed you have had your lot Stevie, Sayonara, Adiós, Good Bye, Tat Ta



READING WAR & PEACE AFTER SURGERY

ARTWORK BY: DAVE ALLRED

COLORS BY: *SB*

Sleep, I wish I could

First night after the op I barely slept if I slept at all, I just couldn't get comfy, pain and a machine fastened to my leg to combat blood clots which compressed and released and it wasn't even quiet while doing it's thing did nothing to help, since then I have been making up for it I can have a reasonable nine hours or so get up go down stairs sit down and fall a sleep, I imagine it's like sleep apnea at one stage every time David checked in on me I was a sleep, trouble is eight weeks in and nothing has changed I don't think I have ever had as much sleep

My hospital bed had a key pad on either side which among other things operated the bed adjustment up and down, when I was lay down these controls were at head height, I sleep like a baby in that one arm goes across the top of my head and the other forearm covers my eyes, night two and I wake in a start to find the bed going up and down on it's own, after a second or two I realised each time I moved, my elbows were taking it in turns to press the buttons and activating the bed, not as funny when you read it but I found it bloody hilarious at the time once I had sussed what was actually happening



**"THEY SAID I'D BE CONSTIPATED,
BUT THIS IS RIDICULOUS!"**

ARTWORK BY: DAVE ALLRED

COLORS BY: *SB*

Nobody Told Me

First night post op, 64 years old and I was taken to the toilet, I was quickly learning you can soon loose your dignity in hospital, but I will spare you the embarrassment of the conversation I had with, and I'm glad its was with a male nurse when I discovered it would be day two before "I would need to go" that was the first I had heard of having constipation and he underestimated the length of time, little liar



CLUB MED FOR SENIORS

ARTWORK BY: DAVE ALLRED

COLORS BY: SB

Hard at it

I set myself unrealistic targets from the start some I managed here's a few I didn't

1-Out of hospital in 2 days

This went down the pan straight away, I assumed being in hospital for 07.00 I would be first operation of the day, down for eight back up for 10.00 the rest of the day to start the recovery process, right on cue in walks Mr. Kim "I'm doing three TKR today you are fittest of the three so you will be down last, see you after lunch" this was his lunch not mine, I had not had a drink for 10 hours (*that makes me sound like an alcoholic*) there was supposed be a message sent down the chain of command for me to be allowed a small drink, that didn't happen and it was 21 hours before I had anything (*hardly going to waste away but I can't remember when a glass of chilled water tasted so good*)

Rapid recovery first day gone it was 19.00 before I was back to my room with my lovely new knee

2-I will soon be back driving

I know I could not drive on the road for at least six weeks, three weeks in and I made it back in work to do some paper work but thinking I could be useful I offered to operate the controls on a truck that was in for inspection, that was a step to soon or was it the cab steps are to high either way it wasn't go to happen I could not get in the cab

3-This drawing is where I saw myself being around week 6 mark

No not on holiday much to Lynn's disappointment I'm sure, anyway we couldn't go anywhere because of Covid-19 but I thought I would be back in work and getting on with some jobs rather than office work even the odd run out in a truck (*only when needs must of course*)



THERE'S NOTHING TO THIS PAIN!

ARTWORK BY: DAVE ALLRED

COLORING BY: *SP*

Ice Ice Baby

Covid complaint with blue face masks a sign of 2020 I know you can't see mouths under the mask's but I'm working with what I've got here, did you spot the visor on page 9 I bet you have to go back and look because you missed it, go look I'll wait

This picture is close to reality although I did try not take too much of an advantage of Lynn's good nature and nursing skill as not only had she got a house to run, me to try and sort me out as well as single-handedly keep a business running and cope with the day to day dramas involved which she did admirably but for some reason and to add insult to my very painful surgery some people also thought that while I was in hospital I had a household chores implant and software update and would suddenly be a domestic god, to the extent I would be cooking and everything, to a point where I would actually be useful around the house, as you can see from the colouring and writing I didn't watch telly all day but I did do a lot of sleeping between them both but I don't think you could call any of it as being useful around the house

From my very first meeting with Mr. Kim and every time since except when he did the op at which time I was away with fairies, he stressed the importance of using ice to counteract swelling and pain, his mantra was 20 mins on 40 mins off and that is his number one tip but it does take a lot ice, ask Lynn, she was sick of going for ice by the time we were nearing the end (*nearing the end is not as drastic as it reads*)



ONE DAY, WHEN HE FELT VERY
BLOATED AND UNCOMFORTABLE,
BOB GOT A LITTLE CRAZY WITH THE
ICE BUCKET-THINGY

ARTWORK BY: DAVE ALLRED

COLORED BY: *SP*

Ermrr I wonder ?

Round peg a round hole what could go wrong ? I honestly don't think I have ever had constipation before, like most things in my life I am a creature of habit and have a set routine and in this particular respect "I'm regular"

constipation was not a thing that anybody had mentioned at any pre med briefings and the opportunities had been many, I completed an identical form on four separate occasions so they could have just deviated and said "oh by the way has any body told you", but having now experienced the trauma first hand, I sympathise with Bobs dilemma, but his idea was never an option I considered, but had I looked at this book earlier who knows ?



**EVERYONE'S MOST
EMBARASSING MOMENT!**

ARTWORK BY: DAVE ALLRED

COLORED BY: *SB*

It wasn't me

It has just got to be a physiotherapist occupational hazard and the source of much amusement with colleagues at break time, and if you think it's not funny Billy Connolly has included numerous tales within in his extremely successful stand up routine indicating it is hilarious as long as you are not the unfortunate source, thankfully I have escaped this embarrassment to date although I do have more physio sessions scheduled, a case of fingers crossed or better still buttocks clenched and hope for the best



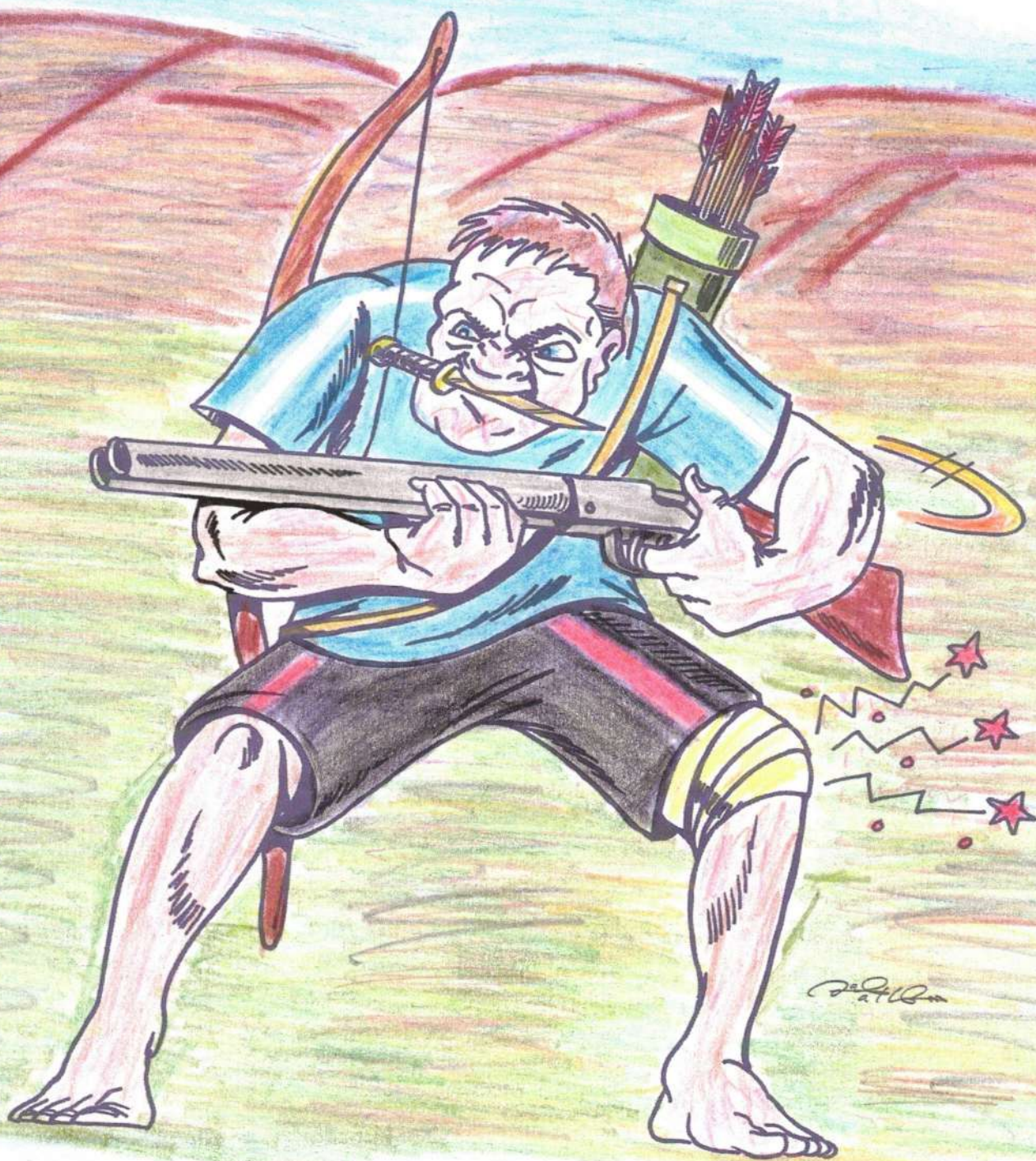
**PAIN-INDUCED,
LOW-PEOPLE TOLERANCE**

ARTWORK BY: DAVE ALLRED

COLORS BY: *SB*

It would have been lovely to see you

Covid -19 changed a lot of things for a lot of people, for me 10 days self isolation pre-op, strict tests before, during, and at every visit I made to the hospital post-op and then back into self isolation to protect myself from infections all of which meant 15 weeks without visitors even the hospital rigorously enforced a strict no visitor policy during my few days stay, truth told the majority of people whom follow the Covid guide lines Hands, Face, Space, etc were or should have been isolating to some extent, so if you wanted to visit, Covid gave the perfect excuse not to, and as much as it must of hurt missing my scintillating company I could not blame you, it would not be worth the risk for either of us, but had you been able to do so you would have been extremely welcome from my part and good company I'm sure from yours



**WHERE IS THE IDIOT
WHO SAID THIS WAS EASY?**

ARTWORK BY: DAVE ALLRED

COLORS BY:

SP

He went that way he lives at No3

I never said it was easy but boy did I underestimate every aspect of this this journey, some I have already touched on, On my first meeting with Mr Kim I asked him about the possibility of doing both knees at once, my theory twice the pain to half the recovery time and job done, to his credit he did not laugh at me, but he saved me from myself by advising against it which I thankfully now accept but I concede it was never an option from Mr. Kims prospective

In the recovery suite feeling A OK getting my faculties together as Mr Kim waved goodbye for the evening his day's work done I asked when he was doing the next one, nothing was said but I got that knowingly sort of smile that suggested there may be something worse to come
1900 hours back in my room I still felt relatively good considering what I had just been through although at the time I didn't appreciate I was on borrowed time as the effects of the last of the magic medicine drifted away and the pain kicked in

Pre-op I had been in a lot of pain so much that I thought I was the only one who knew what pain was, I was even ready, glad and eager to go in for the op grateful to get rid of the pain which by now was debilitating, with hindsight the pre-op pain was nothing to what came later that evening and lasted for weeks, there were other miscalculations or errors of judgement but the only person who thought it maybe easier than what it actually turned out to be was me (*why doesn't that surprise you*)



YOUR FIRST WALK AFTER SURGERY.

ARTWORK BY: DAVE ALLRED

COLORED BY:

SB

I didn't see it like this

My first walk was more of stumble come hobble of 20m to the bathroom and back I never envisaged myself as being a frame user at 64 yrs but needs must and I was grateful to crack on with the recovery programme and begin to get a bit of mobility, and it wasn't to long before I upgraded to crutches

I never got to see the courtyard but there again at six miles away it would have to be a good cause for me to walk that distance voluntarily even before the operation



**OVERNIGHT YOUR SPOUSE BECOMES
AN EXPERT IN PAIN MANAGEMENT AND
KNEE REPLACEMENT RECOVERY.**

ARTWORK BY: DAVE ALLRED

COLORED BY: SB

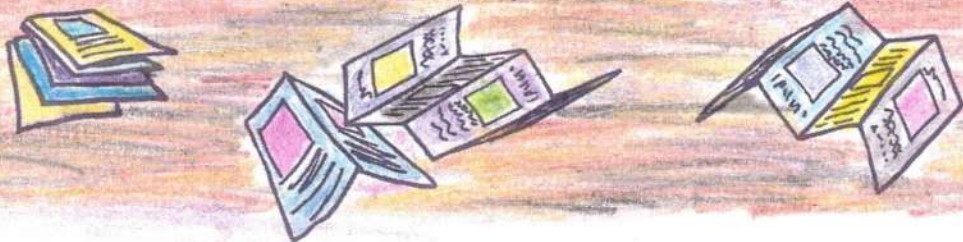
How mad do you think I am

It's hypothetical don't answer that question, working on the don't bite the hand that feeds you principal I'm not touching this one only to say I had exceptional post hospital care, I couldn't have asked for more and while I'm still under care as some could imagine I'm not the best patient and slowly continue to erode the goodwill and care that has been afforded to me

I DON'T
REMEMBER
ANYONE SAYING
ANYTHING ABOUT
"A CLICKING KNEE"!



?



TOO MUCH INFORMATION.

ARTWORK BY: DAVE ALLRED

COLORED BY:

SB

Nah

I never had too much information which suited me just fine I'm more than happy with a need to know basis, the clicking knee talk was at week 9, Mr Kim mentioned in passing "not to worry about a bit of clicking from the joint" which in truth would have probably been too late for me not to worry but luckily Mr Kim and the robot did a terrific job and I have never had peep, tick, click or anything it's as smooth as a Rolls Royce and as Mr Kim has said it will last till I'm a hundred, I'd be more than happy with another 36 years but I don't think that it is quite what he meant



THE EXPLOSIVE RESULTS OF MAGNESIUM CITRATE!

ARTWORK BY: DAVE ALLRED

COLORED BY: *SP*

Oh yeah I've been here

I was on Codeine Phosphate which I assume has similar effects to Magnesium Citrate, well it did for me on the morning of day 5 all hell broke loose *finally*, my brother rang later that day, having had an operation he knew of the constipation problem so as you would he asked "had I been yet" and straight off the bat I replied "yes I had it was like passing quarry stone boulders" while being the truth it was too much information for him and probably should not have been repeated here, a picture you will never be able to get out of your mind, scarred for life, I should have put a warning on the beginning of this and maybe a helpline number to follow here, you know like they do on tele when there are distressing images



TRYING TO UNDERSTAND YOUR THERAPIST WHILE ON PAIN MEDS

ARTWORK BY: DAVE ALLRED

COLORED BY: *JB*

I got the message loud and clear

It wasn't the meds that was the problem it was the pain, and no matter how they put it, it is not natural to subject yourself to more pain than you are already experiencing, yet that is what is required and expected Has anybody found my big boy pants yet ? Because I can't see them anywhere



MOMMY'S LITTLE HELPER!

ARTWORK BY: DAVE ALLRED

COLORED BY:

SP

Dog Owners Tail (Yes I can spell)

Having been on the receiving end of this on to many occasions this what happens as you approach a dog walker, They assume you are not afraid of dogs and in fact you are a dog lover without a dog

Tiddles is a monster of a dog (*then as they say size doesn't matter*), if he were on the lead which he's not, and he's hungry and I'm on the menu then one person holding a 2m long strap is not stopping him having his way with me so to speak and it goes something like this

Tiddles, Tiddles, Come here Tiddles, come on, Tiddles, TIDDLES COME HERE, TIDDLES, he's alright he won't touch you he's a big softy, he won't bite, he only wants to say hello, he thinks you want to play, TIDDLES that's naughty the man doesn't want to be your friend, he doesn't normally do that it must be you he doesn't like

No I didn't forget the apology your unlikely to get one Tell me I'm wrong

If I had a pound for every time that's happened to me I'd have oh about £2.00 quid in my pocket
I won't have won many friends with this piece eh?



**"I SURVIVED KNEE
REPLACEMENT SURGERY!"**

ARTWORK BY: DAVE ALLRED

COLORED BY: 

Super Steve

Super Steve the self proclaimed expert of Ivy Lodge C lose on receiving Robotically assisted TKR seen here posing in his back yard Post Op

The Good And Bad Of My Operation

There will always be trepidation in any planned procedure, my experience on the first knee has been good all the way a lot of which I have mentioned already but I can't speak highly enough of all the team I had contact with during my stay

I found Mr Kim to be a top bloke very down to earth on his approach to his patients spot on with his knowledge of the procedure and his after-care, if you are in need of TKR or Hip replacement and have the option to choose a surgeon I would give consideration to Mr. Kim. *"No I'm not his agent or working on a percentage"*

I have no way of knowing if the robots are good or bad, my instinct is the former due to the better precision tolerances which aid a shorter recovery period and on that basis they are the way forward I will certainly be asking for them when the time comes for the second knee replacement

I didn't have full anaesthetic I had the needle in the bottom of my back so you lose all sensation to your lower limbs, people have pre conceived ideas on this not always through experience but I had two very good anaesthetists who looked after me very well, calmed any pre-op nerves and cracked on in a professional reassuring way, as I was told this type of anaesthetic contributes to a quicker recovery time and there is no pain so I would go this route again without any hesitation

Biggest surprise for me was the amount of pain post-op and length of time it stays with you which is caused by the soft tissue and scar damage and how hard it is to regain full movement of the knee joint through physiotherapy and again the pain involved in trying to achieve movement, 12 weeks in and I'm still working at it, finally the difficulty finding a comfortable position to sleep in at night *(I have no problem sleeping in the day)*

The worst experience for me was doing self injections at home, I'm not afraid of needles or doing it I just didn't like doing it but it is a better option than going to a clinic everyday to get the necessary injection

I'm also disappointed I haven't managed to find any quick fix shortcuts to a faster recovery *(It takes as long as it takes)*

Top tips

1-Travel light going in you have to lug it all out a few days later and it will take you all your time to walk, a lot of what I took in I never even looked at I had more pressing issues at that time *(maybe I overestimated how well I would feel in the first few days, sounds about right)*

2-I didn't do this but I was fortunate in already having a certain amount of physical strength but I would recommend building up your upper body strength pre-op you will need it to get up, stretch and struggle in and out of bed and later when using a walking frame and then crutches as you progress

3-Don't take new shoes or slippers into hospital use your old ones they are far easier to get on and off *(A nurse tutted at me as we struggled to get slippers on)*

4-Take a shoe horn with you

5-Have a f—ing colouring book waiting for you when you get home you may surprise yourself, I did

The million dollar question knowing what I know now would I go through it again

YES The colouring was great

The last page

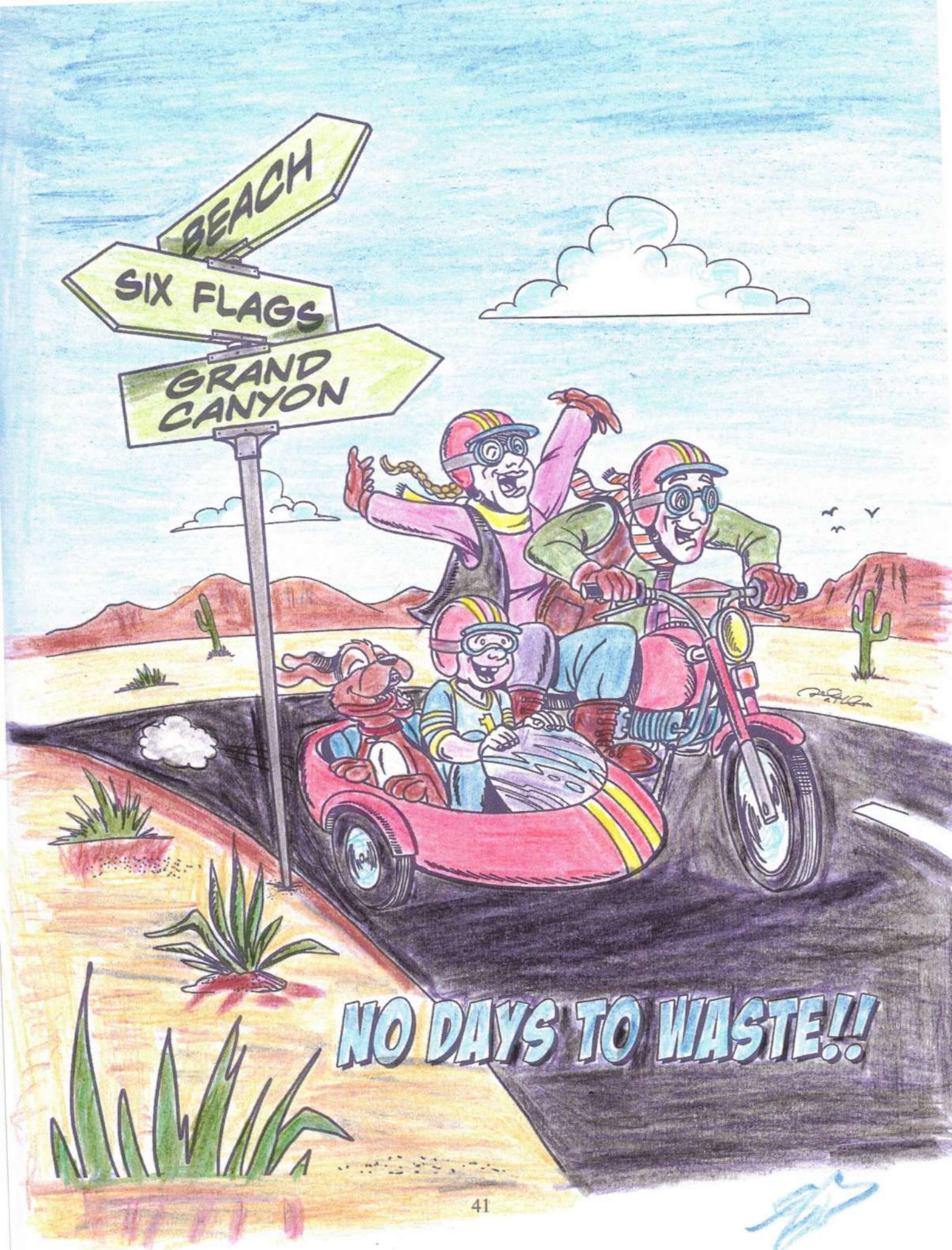
I'm quite away from TKR journeys end in that I have to accept it will be small incremental increases in movement over a long period that will win the day, and while look forward to that day rest assured there is no way I will be riding off into the sunset on a motor bike with or without a side car, my target is a 2.5m climb up into a truck, set the heater as appropriate, switch on a favourite podcast and head off down the motorway getting some decent kilometres under the wheels, not everybody's target granted but I'm that creature of habit and when it is something that I've done and for most part enjoyed for over 45 years old habits die hard

Lets hit the road and them truckers roll

It took me as long to write this as it did to do the colouring, I had no idea what to expect going in for the TKR somebody may read this and it may answer a few questions

Steve

one good knee one bad



NO DAYS TO WASTE!!

The Score

CONGRATULATIONS

STEVE

ON CREATING YOUR HUMOROUS
YUK RE-PLACEMENT RECOVERY RECORD,
OF DAY BY DAY & WEEK BY WEEK SUFFERING.

WE HAVE ENJOYED LAUGHING OUR WAY
ALL THROUGH IT, - VERY WELL DONE $\frac{11}{10}$.

MARGLEN & DAVID

You Decide

Oh yea get in there

Never had such a high marks
Now though you need to decide was
this originally a measly low score
of 1 or has the magic pen been out
and added an extra 1 to give the
magnificently generous score of
eleven

COLORING AND LAUGHING ARE TWO OF THE MOST THERAPEUTIC ACTIVITIES ON EARTH!

21 specially designed, humorous cartoons for the knee replacement patient or caregiver.

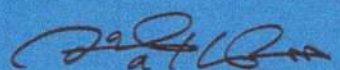
Laugh while you color each page as a diversion and for stress relief in the days and weeks following surgery.



Makes a great gift for family members and friends who'll be setting out on their own knee replacement journey!



Concept by Michelle Stiles PT, MS
www.NoDaysToWaste.com


Artwork by Dave Allred
www.imdavedesigns.com