Feedback
We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

Freephone: 0800 183 0204
From a mobile or abroad: 0115 924 9924 ext 65412 or 62301
E-mail: pals@nuh.nhs.uk

Letter: NUH NHS Trust, c/o PALS, Freepost NEA 14614, Nottingham NG7 1BR

www.nuh.nhs.uk

This booklet was produced in conjunction with Nottingham City Hospital Consultants, BOA guidelines and patient feedback.

If you require a full list of references for this leaflet please email patientinformation@nuh.nhs.uk or phone 0115 924 9924 ext. 67184.

The Trust endeavours to ensure that the information given here is accurate and impartial.

Knee Manipulation Under Anaesthetic (MUA)
Patient Advice Leaflet

Physiotherapy Department

This document can be provided in different languages and formats. For more information please contact:

Physiotherapy Department
City Hospital Campus
Hucknall Road
Nottingham
NG5 1PB
This leaflet is for patients who have received a knee Manipulation Under Anaesthetic (MUA). The advice contained within is designed to guide you through the first few days of your recovery.

What is a Manipulation Under Anaesthetic (MUA)?
Occasionally after total knee replacement the knee will stiffen. The usual cause of this is a build up of scarring in the ligaments, muscles and connective tissues surrounding the knee. In order to release the stiff joint your surgeon will manipulate your knee whilst you are under anaesthetic so that your knee will bend freely again.

Operation day
You will usually be admitted to the hospital on the day of the operation. Most patients stay overnight and go home on the next day. The physiotherapy team will review you after your operation and advise on the care of your knee after you leave the hospital. Your anaesthetist will also see you before the operation to discuss your anaesthetic.

After the operation
Your knee will be placed on a continuous passive motion (CPM) machine. This should be use continuously for 24 hours (i.e. through the night. The next morning the physiotherapist will check you and start your exercise programme.

Hygiene
This operation does not cause a wound. You may wash your knee and get it wet immediately after the procedure.

Driving
We advise that you should re-commence driving once you can safely control your car and perform an emergency stop. (Around 1-2 weeks after the operation). You should also check with your insurance company before driving.

Work
It depends on your job how long you need to be off sick from work. If you have a heavy or manual job, you will need longer to recover. If you have a sedentary job, you can return almost immediately. See your GP if you need a further fit note.

Useful Contact Numbers
If you experience any problems or need some further advice, please do not hesitate to contact us on:

Physiotherapy Department: 0115 9627 679
Wards (available 24 hours if urgent)
City Hospital: 0115 969 1169 (+ext)
Harvey 1 ward: 55904
Edward 2 ward: 76545
Surgical Short Stay Unit: 53184
Controlling your swelling
You can expect your knee to be swollen after the manipulation. Following the advice below will help to control this.

Protection
You will be allowed to put all of your weight onto your knee but this may be uncomfortable. Some patients use a walking aid to help them walk more normally. If you need a walking aid you may start to wean from it as you feel comfortable over the next few days.

Rest
You should be less active for the first few days after this operation. After the first 48 hours you can gradually increase the amount you walk. The distance you walk should be controlled by swelling and pain.

Ice
Ice packs are useful to help settle the pain and swelling. Use a pack of frozen peas or ice cubes wrapped up in a dry towel. Place this onto your knee for 20 minutes then remove it. Your skin should turn pink. If it turns white or becomes uncomfortable stop using the ice immediately. Ice can be used every 2-3 hours.

Elevation
You should elevate your knee when resting. Sit with your foot up on a foot stool or chair. Elevate your foot higher than your hip. This will help prevent excess swelling.

Pain Relief
You will be given pain medication. The pain after this operation is not as severe as immediately after your knee replacement. Most patients cope well with simple pain relief. If your pain is more than expected we can arrange some stronger painkillers.

Exercise Programme
These exercises are designed to increase the range of motion of your knee. They should be continued until your next follow up appointment in outpatients. The physiotherapist will show you the exercises you should practice. You should repeat these exercises 3 times per day

1. Sit on the bed with a slippery surface under your foot. Bend and straighten your hip and knee by sliding your foot along the bed. You can assist this by using a belt underneath your knee or foot. Repeat……..times

2. Sit on a chair with a towel / carrier bag under one foot. Slide the foot under the chair as far as you can. Hold for 5 seconds then slowly straighten. To increase the bend further cross your good leg in front of the operated leg to push it back. Repeat………..times
3. Sit in a chair with your affected leg close to the base of the chair. Scoot your bottom forward to the edge of the chair as far as you can to bend your affected knee so that you feel a stretch. Hold 20 seconds. Repeat …….times

4. Place your affected leg on a stool or step as shown. Lean your body weight forward to bend the knee so that you feel a stretch. Hold 20 seconds. Repeat …….times.

5. Lying on your back with your feet up in the air and your legs and bottom against a wall. Bend one knee and slide your heel down along the wall. Once you can manage this you can then gently push down on your shin with your good leg to increase the bend. Repeat……….times

6. Lie face down with a band around your ankle. Keep your lower back straight. Bend your affected knee and pull the band with both hands until you feel tightness on the front of your thigh. Hold for approximately 20 seconds and relax. Repeat……….times

7. Sit with a rolled towel under your knee or your knee bent as instructed by your Physiotherapist. Place your hand over the top of your knee cap and push your knee cap down towards your foot. Repeat………..times

8. If the knee bends well. Sit on a bed and place a slippery surface under your foot. Slowly bend your knee. At the end of the movement use your hands to apply an extra stretch. Hold 5 seconds. Repeat ………times

9. If the knee bends well. Lie on your back on the bed. Slowly bend your hip and knee together and use your hands behind your knee to give an extra stretch to bend both joints. Hold 5 seconds. Repeat……….. times