

INFORMATION FOR PATIENTS

Knee MUA

What is an MUA?

MUA stands for manipulation under anesthetic. It is quite commonly required following a total knee replacement, when you were previously unable to achieve range of movement. Whilst under anesthetic, your knee will be taken through its full range of movement by the surgeon in order to reduce stiffness.

What will happen after my procedure?

Once you are back on the ward, you may be placed on a CPM (continuous passive movement) machine. This encourages your knee to bend as far as tolerable, with the range of movement increased gradually. The length of time you will be using the machine is your surgeon's decision, but this will be outlined by your physiotherapist. It is important when using the CPM machine to:

- Take short breaks every one to two hours.
- Inform nursing staff of any pressure on your skin which the machine is causing.
- Keep on top of your pain relief.

Once this has been completed or if a CPM machine is not required, you will be reviewed by your physiotherapists for a walking aid for use while you recover. They will also teach you suitable exercises, which you will be expected to complete regularly. You may also be assessed on the stairs if required.

Once you are discharged from the ward, the outpatient physiotherapy department will contact you to arrange continuing your therapy.

Important things to remember:

- It is crucial to continue your exercises provided in order to maintain the range of movement in your knee. If you leave these, it will be much harder to regain your movement.
- Mobilising is important. Begin by walking short distances often, gradually building this up.
- Elevation and ice are important in reducing swelling. Ice can be used throughout the day for a maximum of 20 minutes, with one to two hours breaks throughout the day.

Chair exercises



Ankle pumps

Gently move your foot and ankle up and down in a smooth and controlled motion approximately every 1-2 seconds. Repeat for 1-2 minutes.



Seated knee extension

Gently straighten your operated leg until it is as straight as possible. Hold for 5 seconds and slowly lower down. You may not be able to straighten the leg fully at the beginning, so gradually build up how high and straight you are able to lift it.



GAPS extension (Gravity Assisted Passive Stretch)

Place your foot and ankle on a chair or stool and allow your knee to relax and stretch out straight. The weight of your leg may feel uncomfortable at first. Hold for 1-3 minutes initially and build up to 20 minutes, as comfort allows.



Active assisted knee flexion

Gently bend your knee as far as you are able using the muscles in your leg. Then use your non-operated leg, gently push your operated leg back to stretch the front of your knee. It is fine to work into an uncomfortable stretch but not severe pain. Hold for 10-15 seconds initially. Try to build up to 30 seconds.

Additional information:

- **Driving** – always check with your consultant and insurance company before driving.
- **Work** – you may return to light work as soon as you feel comfortable. If your work requires heavy duties, we recommend discussing this with your consultant and employer before returning.
- **Sports and hobbies** – this will be guided by your outpatient physiotherapist, who can help you set goals to returning to sport.

Contact details:

- King's Mill physiotherapy outpatients - telephone 01623 622515, extension 3221 (Monday to Friday, 8am-5pm).
- Newark physiotherapy outpatients - telephone 01623 622515, extension 5885 (Monday to Friday, 8am-5pm).

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net. This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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