

Knee Replacement Video Library

HealthClips™ Video Library: allinahealth.healthclips.com



- Open your smart phone's camera.
- Hold the phone over the QR code.
- Click on the yellow link.
- Click on the video.

Use the QR code at left to access the entire video library. You can watch the below videos or any video in the HealthClips library at any time.

What is a Knee Replacement?



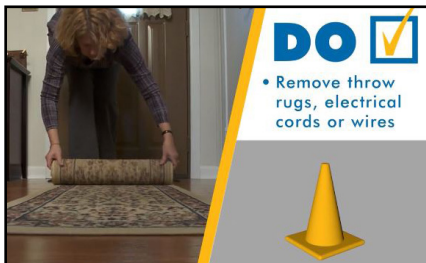
Watch this [video](#) to learn how knee replacement surgery will relieve your pain and restore your joint function.

Knee Arthritis and Fixed Knee Replacement



Watch this [video](#) to learn how osteoarthritis causes the slippery cartilage that covers the ends of bones in the knee joint to wear down.

Preparing Your Home for Joint Replacement Recovery



Watch this [video](#) to learn what you can do in advance to prepare your home safely for your recovery after joint replacement surgery.

Knee Replacement Recovery: After Exercises



Watch this [video](#) to learn how doing your exercises as prescribed will help you regain strength and reach your recovery goals.