



**ST. JOSEPH'S  
PHYSIOTHERAPY CLINIC**

RC: 1580374

09060960109

17J ADMIRAL AYINLA WAY, OFF FREEDOM WAY,  
LEKKI PHASE 1, LAGOS.

# Knee Replacement Rehabilitation Package

## Overview

Our Total Knee Replacement Rehabilitation Package is designed to help patients regain mobility, strength, confidence, and independence following knee replacement surgery. The program combines pain management, range of motion exercises, gait retraining, strengthening, balance training, and functional rehabilitation.

## Duration

**12 Weeks (3 Months)**

### Phase 1: Early Recovery (Weeks 1–4)

**Frequency:** 3 sessions per week

Goals:

- Reduce pain and swelling
- Improve knee movement
- Achieve safe walking with assistive devices
- Restore basic daily activities

**Total Sessions:** 12

### Phase 2: Strength & Mobility (Weeks 5–8)

**Frequency:** 2 sessions per week

Goals:

- Improve muscle strength
- Enhance balance and coordination
- Improve walking endurance



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- Begin stair training

**Total Sessions: 8**

## **Phase 3: Advanced Function (Weeks 9–12)**

**Frequency:** 1–2 sessions per week

Goals:

- Return to community activities
- Improve confidence and function
- Maximize long-term joint performance

**Total Sessions: 6**

**Total Package Sessions:** Approximately 26

## **Package Fee**

### **Standard Outpatient Package**

- Initial Assessment: ₦60,000
- Rehabilitation Sessions (26 sessions): ₦1,170,000
- Progress Reviews: Included
- Home Exercise Programme: Included

### **Total Package Cost**

**₦1,230,000**

### **Package Discounted Price**

**₦1,150,000 (Paid Upfront)**



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## Terms & Add-ons

### Home Visit Rehabilitation

- Limited to Victoria Island/Ikoyi/Lekki/Surulere/Yaba: ₦50,000 per visit
- Limited to the first 12 sessions only
- Other locations: Subject to additional fee by distance

### Additional Sessions At Clinic

- ₦30,000 per session

### Extended Rehabilitation Package

For patients requiring rehabilitation beyond 12 weeks due to complications, weakness, balance deficits, obesity, or other medical conditions.

## Expected Outcomes

Most patients completing the programme can expect:

- Improved knee movement
- Reduced pain and stiffness
- Independent walking
- Improved stair climbing ability
- Enhanced confidence in daily activities
- Return to normal household and community activities

*Actual outcomes vary depending on age, general health, pre-operative condition, and adherence to prescribed exercises.*



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For Management