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## 5 Total Knee Replacement Diet Tips

Having any type of surgery places a big stress on the human body, a total knee replacement (TKR) is no different. The tips in this article can probably be applied to almost any surgery. This is not meant to be specific medical advice and its recommended you consult your doctor before beginning any supplement or nutritional program.

**#1 Chewing Gum:** Chewing Gum has been Shown in multiple studies to improve your Gastro-Intestinal function post surgery. A common problem after a total knee replacement (TKR) is many people have trouble having a bowel movement. Chewing gum is a simple low cost way to help facilitate that.

**#2 Vitamin C:** Vitamin C is important in the production of collagen. Supplementation of vitamin C has been shown to improve wound healing even if you are not deficient in the nutrient. Authors in this [study](#) recommended 8-50x the recommended daily allowance, or 500-3000mg  
Common Sources: Citrus Fruits, Blueberries, Red/Yellow/Green Peppers, broccoli

**#3 Quality Protein:** Protein literally provides the building blocks for your cells and tissues. Eating high quality proteins is always important but especially in a post surgical situation when your body is trying to recover.  
Common Sources: Chicken, Fish, Eggs, Lean cuts of pork and ground beef

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## 5 Diet Tips to Win a Total Knee Replacement

#4 Avoiding Blood Sugar Spiking Foods: Your blood is literally the source of nutrients for everything in your body. Raising blood sugar levels is by eating low quality foods is not creating an ideal healing environment for your surgical wound or newly installed knee. Many studies confirm that poorly controlled blood sugar levels result in slowed wound healing, this is especially true in diabetics.

Things to avoid: Fast food, Fried foods, Concentrated Sweets

#5 Vitamin D: As mentioned in the previous tip, blood sugar control helps to improve wound healing. Improving vitamin D levels has been proven to help normalize blood sugar levels in diabetics and facilitate better wound healing. Odds are it helps even if you are not deficient. In addition to the positive metabolic effects of vitamin D, I recommend you have a plan to get some natural sunshine during the initial recovery phase. Far too many people spend the first few weeks stuck inside after a surgery and if possible, spending 20-30 minutes getting some fresh air and natural sunlight can have great metabolic and mental health benefits.

Common Sources: Natural Sunlight, Salmon,