

**TOTAL KNEE REPLACEMENT PROTOCOL
OUTPATIENT PHYSICAL THERAPY
James Nieman, MD**



POST -OP DAY 1 - DAY 14

INITIATE OUTPATIENT PHYSICAL THERAPY FOLLOWING D/C FROM HOSPITAL
WOUND CARE

- Clean incision site, instruct patient to clean daily
- Apply sterile guaze pad and hold in place with TED Hose (do not use tape directly on the skin)

GAIT TRAINING/ASSISTIVE DEVICE

- Weight bearing per physician orders
- Walker/crutches

TED HOSE

- Operative leg x 4 weeks /non-operative leg x 2 weeks

THER-EX

Review HEP

| | | |
|------------|-------------|------------|
| Quad set | Glut set | SAQ |
| SLR | Hip Abd/Add | LAQ |
| Ankle pump | Heel Prop | Heel Slide |

- Manual stretching
- Stationary bike
- Standing heel raises
- Lateral step ups

MODALITIES

- Cryotherapy
- E-stim (PRN)
- Biofeedback (PRN)

POST-OP DAY 15 - 28

THER-EX

- Continue above exercises
- Standing exercises
 - TKE's
 - 4 way hip
 - Marching - SL balance
 - Hamstring curl
- Continue manual stretching as needed for full flexion and extension
- Proprioception exercises

GAIT TRAINING / ASSISTIVE DEVICE

- Transition to cane as tolerating

POST-OP DAY 29-36

THER-EX

- Continue above exercises, progress as tolerated
- Independent with HEP at D/C

GAIT TRAINING / ASSISTIVE DEVICE

- Progress to no assistive device as appropriate

Physician Signature