

TOTAL KNEE REPLACEMENT PROTOCOL OUTPATIENT PHYSICAL THERAPY



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