POST-OP DAY 1 - DAY 14

GAIT TRAINING/ASSISTIVE DEVICE
- Weight bearing per physician orders
- Walker
TED HOSE
- PRN
THER-EX
- Review HEP
  - Quad set  Glut set  SAQ
  - SLR  Hip Abd  LAQ
  - Ankle pump  Heel Prop  Heel Slide
- Standing heel raises
- Lateral step ups
MODALITIES
- Cryotherapy
- E-stim (PRN)
PRECAUTIONS
- No Hip Precautions

POST-OP DAY 15 - 28

THER-EX
- Continue above exercises
- Standing exercises
  - TKE's
  - Marching - SL balance
- 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

Chad Broering, MD