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)
IMMOBILIZER
   Patient may be sent home from the hospital with the immobilizer on due to quad weakness.
   Outpatient Physical Therapist to determine when patient has adequate quad control to ambulate without the immobilizer.

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

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Physician Signature