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