POST-OP DAY 1 - DAY 14

GAIT TRAINING/ASSISTIVE DEVICE
- Weight bearing per physician orders
- Walker
TED HOSE
- Operative leg x 4 weeks / non-operative leg x 2 weeks
THER-EX
- Review HEP
  - Quad set
  - SLR
  - Ankle pump
  - 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