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 gauze 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

Physician Signature