

## **Total Knee Replacement (TKA) Post Operative Protocol**

This protocol provides you with general guidelines for initial stage and progression of rehabilitation according to specified time frames, related tissue tolerance and directional preference of movement. Specific changes in the program will be made by the physician as appropriate for the individual patient.

\*\*\* Please fax initial assessment and subsequent progress notes directly to MOSMI at 952-944-0460.\*\*\*

### **Phase I: Immediate Post-operative to 2 weeks**

- Average length of stay in hospital is 3 days
- Post discharge options include the following:
  - Discharge home with family and home health care assistance.
  - Nursing home/swing care bed for 7-10 days before going home.
- Physical therapy three times a week for three weeks following discharge from the hospital. This can be done in an outpatient setting or with the physical therapist visiting the home of a home bound patient. For patients who go to extended care or to a nursing home, daily physical therapy is automatic.
- Patients currently receive Lovenox 2 times a day for anticoagulation for 1 week following surgery.

### **Phase II: 2 weeks to 4 months**

- First post-op visit with physician's assistant
  - Wound Check and suture removal.
  - Generally physical therapy is continued until there is at least 90 degrees of flexion. This is generally achieved with in the first 2-4 weeks following surgery. If a patient has not achieved 90 degrees flexion by 2 months, I generally recommend a manipulation under anesthesia.
- Patients generally use a walker or crutches for 3 weeks post-op and if they have sufficient strength and balance, they move to a cane for 2 more weeks.
- By 6 weeks following total knee replacement, patients generally walk without a cane, feel about 75 recovered in general, and may travel.

### **Phase III: 4 months +**

- Second routine post-op visit is generally at 4 months, annually thereafter.
- Patients are welcome to come in before 4 months for specific complications, problems, or questions, but the second routine visit is at 4 months post-op.