

# Total Knee Arthroplasty

## **Issues Requiring Urgent Ortho Consult:** Phone # 608-637-4081

- Concerns of DVT
- Concerns of infection, blisters, excessive drainage
- Uncontrolled pain with normal activity

**W/B Restrictions:** WBAT, unless otherwise specified

## **ROM Restrictions:**

- None, unless otherwise specified
- Goal of 0-120°
- Encourage aggressive early ROM to maximize outcome
- Note: If concerns regarding extension PROM initiate 3 X 10=0 extension board very early after surgery
- Contact VMH PT at 608-637-4385 for manufacturer info if needed

## **Activity Restrictions:**

- No kneeling until 6 weeks; as tolerated after 6 weeks
- Limit continuous, dependent position of operated knee(s) and encourage constant elevation and icing for pain and swelling control in the first 3 weeks
- Post op wraps typically for 2 weeks
- Gradual return to activity and increasing walking distances

**Gait:** Least restrictive assistive device

**Home Instructions:** Follow Prehab training booklet provided to the patient.

## **PT D/C Goals:**

- Typically 6 weeks duration
- Beginning frequency of PT is 3 times per week, decreasing as appropriate
- Below are typical goals at discharge, but will vary depending on functional needs of patient
  - **Impairment Based:**
    - Normalize gait pattern
    - AROM: 0-5-110° PROM: 0-120°+
    - Strength: MMT 4/5 or greater-10 reps sit to stand without UE assistance
  - **Function Based:**
    - Amb 1000+ ft with no assistive device independently; minimal to no antalgic gait on level surfaces
    - Ascend/descend stairs reciprocally with rail as needed
    - Sufficient balance to allow for safe ambulation on various surfaces with AD if needed
    - Sit to stand without use of UE's independently