

**Dr. Ryan Nelson**  
861 Health Park Blvd.  
Grand Blanc, MI 48439  
(810) 953-0500  
[www.DrRNelson.com](http://www.DrRNelson.com)  
[ryan.Nelson@DrRNelson.com](mailto:ryan.Nelson@DrRNelson.com)

# Total Knee Arthroplasty Protocol

## Joint Replacement Discharge Instructions

### PAIN/SWELLING/STIFFNESS MANAGEMENT

To decrease swelling and pain:

- Follow medication instructions and elevate extremity when resting to keep pain at tolerable level.
- Lay down in bed at least **2-3 times a day**, elevating your affected leg for 30 minutes with 3 pillows, and alternate using cold therapy for at least 20 minutes.
- Expect bruising to appear within the first week.



**DRESSING/INCISION CARE** Your dressing will help to keep your incision protected, even in the shower.

- Remove your Aquacell (See right) dressing on (POD7)  
Date: \_\_\_\_\_.
- To remove, pull the edges to stretch before removing.



- **AVOID INFECTION** by washing your hands before touching your incision and using clean washcloths and towels.
- **DO NOT** put another dressing on.
- **DO NOT** submerge the incision in any type of water until Dr. Nelson approves.

Call your Dr. Nelson's office **FIRST** if:

- Swelling and pain are **NOT** controlled by elevating your leg, using cold packs, and taking pain medication. Excessive swelling and calf tenderness, unrelieved by pain medication and elevation, may be signs of blood clot and need evaluation.
- Fluid/drainage or change in fluid/drainage from the incision site **BEYOND** 7 days after your surgery.

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**Pain Management**

Adequate pain control after TKA is important in expediting patient progress with mobility and range of motion after surgery. This in turn may result in a shorter hospital stay and improved patient satisfaction.

Pain management following TKA is multimodal and may include:

- *Pre-operative dose of medications* including Acetaminophen and/or Celebrex.
- *Spinal or epidural analgesia* – Administered as a one-time dose, lasting 6-8 hours. Intrathecal opioids may be added to the anesthetic cocktail. Side effects of epidural injection may include low blood pressure and decreased motor function.
- *Peripheral nerve blocks* – Adductor canal nerve blocks may be administered as a for a period following surgery, typically lasting 6-8 hours. Potential side-effects may include nerve damage and a lack of muscle control in the immediate post-operative period.
- *IV or oral analgesics* – See chart below to help.
- *Local analgesics* - intra-articular or periarticular injections during TKA surgery may be used for post-operative pain control and to improve range-of-motion (ROM).

Check if ordered	Pain Medication Name & Dose	Next Dose Due:	Day 1 after discharge:	2nd Day	3rd Day	4th Day	5th Day	6th Day	7th Day	8th Day
<input type="checkbox"/>	Tylenol (acetaminophen): Take two 500 mg pills		<input type="checkbox"/> 8am <input type="checkbox"/> 2pm <input type="checkbox"/> 8pm	<input type="checkbox"/> 8am <input type="checkbox"/> 2pm <input type="checkbox"/> 8pm	<input type="checkbox"/> 8am <input type="checkbox"/> 2pm <input type="checkbox"/> 8pm	<input type="checkbox"/> 8am <input type="checkbox"/> 2pm <input type="checkbox"/> 8pm	<input type="checkbox"/> 8am <input type="checkbox"/> 2pm <input type="checkbox"/> 8pm	<input type="checkbox"/> 8am <input type="checkbox"/> 2pm <input type="checkbox"/> 8pm	<input type="checkbox"/> 8am <input type="checkbox"/> 2pm <input type="checkbox"/> 8pm	<input type="checkbox"/> 8am <input type="checkbox"/> 2pm <input type="checkbox"/> 8pm
<input type="checkbox"/>	Mobic: Take one 15mg pill		<input type="checkbox"/> With 1st meal	<input type="checkbox"/> With 1st meal	<input type="checkbox"/> With 1st meal	<input type="checkbox"/> With 1st meal	<input type="checkbox"/> With 1st meal	<input type="checkbox"/> With 1st meal	<input type="checkbox"/> With 1st meal	<input type="checkbox"/> With 1st meal
<input type="checkbox"/>	Oxycodone: 5mg		Take one pill every 4 to 6 hours, <i>if needed</i> for pain							

**Starting Day 9:** Begin taking pain medications ONLY as needed.

**Blood Clot Prevention:** Take ASA 81mg as prescribed. (over the counter baby aspirin) Daily for one month

**Prevention of Constipation:**

1. Take 1 dose of Miralax x1 per day. Keep taking each day until you are no longer taking narcotic medications or if you start having frequent bowel movements.
2. If no bowel movement for 3 days, take “over the counter” Docusate Sodium as per directions on the bottle or package insert.
3. If no bowel movement the day after taking Docusate Sodium, take an “over the counter” stimulant laxative such as Dulcolax or Senokot, or Ex-Lax according to directions on the bottle or package insert.

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## **Phase I – Immediate Post Surgical Phase (Day 0-3):**

The goal of physical therapy intervention during the early post-operative phase is to decrease swelling, increase range of motion, enhance muscle control and strength in the involved lower extremity and maximize patients' mobility with a goal of functional independence. Physical therapy interventions are also directed towards identifying other sensomotor or systemic conditions that may influence a patients' rehabilitation potential.

Goals:

The patient will:

1. Perform bed mobility and transfers with the least amount of assistance while maintaining appropriate precautions.
2. Ambulate with an assistive device for 25-100 feet and ascend/descend stairs to allow for independence with household activities while maintaining appropriate WB.
3. Regain at least 80 degrees of passive and active range of motion in the knee to perform sit to stand transfers with minimal compensatory activity.
4. Gain knee extension less than or equal to -10 degrees.
5. Independently perform operative extremity Straight Leg Raise (SLR) exercise.
6. Verbalize understanding of post-operative activity recommendations/precautions including use of proper positioning of the lower extremity, range of motion and strengthening exercises.
7. Patients will also be educated on superficial massage of the knee joint to minimize hypersensitivity following surgery.

### **Observation and Assessment:**

- **Observe for any signs of deep vein thrombosis (DVT): increased swelling, erythema, calf pain.**
- If a large amount of drainage is present, or there is blistering or frail skin around the knee joint or the lower extremities, discuss with the nurse and decide if notifying the surgical team is indicated.
- Assess patients' pain using the visual analogue scale. Ensure that patients are premedicated with oral/IV pain medication 30-60 minutes prior to treatment. Cryotherapy is recommended following physical therapy treatment to reduce pain, discomfort and swelling in the knee joint.

### **Therapeutic exercise and functional mobility:**

- Active/active assisted/passive (A/AA/PROM) exercises (seated and supine).
- Patella femoral and tibial femoral joint mobilization and soft tissue mobilization as indicated.
- Soft tissue massage not over incision ever! Sutures dissolve on their own and don't need help.
- Isometric quadriceps, hamstring, and gluteal isometric exercises.

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- Straight leg raises (SLR)
  - Lower extremity range of motion (ROM) and strengthening as indicated based on evaluation findings.
  - Closed chain exercises (if patient demonstrates good pain control, muscle strength and balance). Close-chained exercises should be performed with bilateral upper extremity support while maintaining appropriate WB precautions.
  - Gait training on flat surfaces and on stairs.
  - Transfer training.
- Modalities:
- Continuous Cryotherapy for 72 hours after surgery, or at least 5 times/day.
  - Patients are encouraged to use cryotherapy for 20 minutes before and after their independent exercise program.

Precautions:

- Weight bearing as tolerated (WBAT) with assistive device (unless indicated otherwise by the surgeon) to full weight bearing.
- Monitor wound healing and consult Dr. Nelson if signs and symptoms of excessive bleeding and poor incision integrity are present.
- Monitor for signs of DVT, pulmonary embolism (PE), and/or loss of peripheral nerve integrity. In these cases, notify Dr. Nelson or his team immediately.
- No exercises with weights or resistance.
- Avoid torque or twisting forces across the knee joint especially when WB on involved limb.

Positioning:

- A trochanter roll may be used as needed to maintain neutral hip rotation and promote knee extension.
- A towel roll should be placed at the ankle to promote knee extension when patients are supine in bed. **Extension is the most important at this stage!**
- Nothing should be placed behind the operative knee, to promote maximal knee extension and prevent knee flexion contracture.

*Criteria for progression to the next phase:*

- Ability to demonstrate Quadriceps contraction and/or perform a straight leg raise (SLR)
- Active knee range of motion (AROM) 0°-80°
- Minimal pain and inflammation
- Independent transfers and ambulation at least 100 feet with appropriate assistive device.

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## **Phase II – Motion Phase (Day 3 – Week 6)**

### **Goals:**

- Improve knee active range of motion (AROM) to  $\geq 0-110$  degrees
- Muscle strengthening of the entire operative extremity with emphasis on knee extensor and flexor muscle groups.
- Attention should also be directed toward any weakness present in the operative extremity as well as, any generalized weakness in the upper extremities, trunk or contralateral lower extremity.
- Proprioceptive training to improve body/spatial awareness of the operative extremity in functional activities.
- Endurance training to increase cardiovascular fitness.
- Functional training to promote independence in activities of daily living and mobility.
- Gait training: Assistive devices are discontinued when the patient demonstrates adequate lower extremity strength and balance during functional activities (usually 1-4 weeks)
- Decrease inflammation/swelling
- Return to functional activities

### **Therapeutic Exercises:**

#### **Weeks 1-4**

- AA/A/PROM, stretching for flexion ( $>90$  degrees) and extension
- Stationary Bicycle for ROM, begin with partial revolutions then progress as tolerated to full revolutions (no resistance).
- Patella femoral and tibial femoral joint mobilization as indicated.
- Continue isometric quadriceps, hamstring, and gluteal isometric exercises
- Supine heel slides and seated Long Arc Quad (LAQ)
- SLR in 4 planes (flexion, abduction, adduction, extension)
- Neuromuscular electrical stimulation (NMES) for quads if poor quad contraction is present. NMES parameters to be set based on goal of exercise/activity. See neuromuscular electrical stimulation procedural standard of care for specific details.)
- Gait training to improve function and quality of involved limb performance during swing through and stance phase. Patients are encouraged to wean off their assistive device at the latest by the end of second week from surgery.
- Postural cues/ reeducation during all functional activities as indicated.

#### **Weeks 4-6**

- Continue above exercises
- Continue patella femoral and tibial femoral joint mobilization as indicated.

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- Continue NMES of quads if poor muscular performance of quad is present. May progress NMES use from isometric quad activity to isotonic and functional activity
- Front and lateral step up and step down.
- 1/4 front lunge.
- Use sit to stand and chair exercises to increase knee flexion during functional tasks.
- Continue stationary bicycle for ROM
- Begin pool program if incision is completely healed if available.

\*Note: Exercises with resistance may be initiated *as tolerated* for operative extremity after goals for the first phase have been met, and the patient has met criteria for progression to the next phase.

#### Modalities:

- Cryotherapy 1-3x/day for swelling and pain management.
- Other modalities at the discretion of the therapist based on clinical findings.

#### Precautions:

- WBAT with assistive device as needed to minimize compensatory gait. Patient may be encouraged to use a straight cane within one week of surgery if he/she is WBAT to FWB. Patients may be weaned from assistive device by 2 weeks if they did not use an assistive device preoperatively and post-operative muscle performance is adequate for weight acceptance.
- Monitor wound healing and consult with referring MD if signs and symptoms of infection are present.
- Monitor for increased edema and continue with cryotherapy as needed.

#### *Criteria for progression to the next phase:*

- AROM 0-110°
- Good voluntary quadriceps control
- Independent ambulation community distances ( $\geq$  800 feet), without assistive device, deviations or analgesia
- Minimal pain and inflammation

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### **Phase III – Intermediate phase (week 7-12):**

#### Goals:

- Maximize post-operative ROM (0-115 degrees plus)
- Good patella femoral mobility.
- Good strength all lower extremity musculature.
- Return to most functional activities and begin light recreational activities (i.e. walking, pool program)

#### Therapeutic Exercises:

- Continue exercises listed in Phase II with progression including resistance and repetitions. It is recommended to assess hip/knee and trunk stability at this time and provide patients with open/closed chain activities that are appropriate for each patient's individual needs.
- Continue patella femoral and tibial femoral joint mobilization as indicated.
- Initiate endurance program, walking and/or pool.
- Initiate and progress age-appropriate balance and proprioception exercises.
- Discontinue NMES of quads when appropriate quad activity is present.

#### *Criteria for progression to next phase:*

- AROM without pain, or plateaued AROM based on preoperative ROM status.
- 4+/5 muscular performance based on MMT of all lower extremity musculature.
- Minimal to no pain or swelling.

# Dr. Nelson's Total Knee arthroplasty Rehabilitation Protocol

**Diagnosis:**

**Procedure date:**

	WEEK										MONTH			
	1	2	3	4	5	6	7	8	9	10	3	4	5	6

<b>PHASE 1 EXERCISES</b>															
Extension/Flexion sitting and supine	•	•	•	•	•	•	•	•	•	•		•	•	•	•
Quad sets with straight Leg Raises	•	•	•	•	•	•	•	•	•	•					
Hamstring sets	•	•	•	•	•	•	•	•	•	•					
Patella Mobs/Quad patellar Tendon	•	•	•	•	•	•	•	•	•	•					
Wall slides					•	•	•	•	•	•					
Toe and Heel Raises			•	•	•	•	•	•	•	•		•	•	•	•
Heel Props	•	•	•	•	•	•	•	•	•	•					
Step up/downs				•	•	•	•	•	•	•					
Sit to stand squat				•	•	•	•	•	•	•					
<b>MUSCLE STRETCHES</b>															
Sit and Reach for Hamstrings			•	•	•	•	•	•	•	•		•	•	•	•
Lying Rectus			•	•	•	•	•	•	•	•		•	•	•	•
Stork Stand for Quadriceps						•	•	•	•	•		•	•	•	•
Runners stretch for calf and achilles			•	•	•	•	•	•	•	•		•	•	•	•
<b>CARDIOVASCULAR EXERCISES</b>															
Bike with Both Legs			•	•	•	•	•	•	•	•		•	•	•	•
Walking program							•	•	•	•		•	•	•	•
Aquajogging							•	•	•	•		•	•	•	•
Swimming												•	•	•	•
Eliptical trainer										•	•	•	•	•	•
Rowing								•	•	•		•	•	•	•
Stair Stepper											•	•	•	•	•
Treadmill											•	•	•	•	•
<b>PHASE 2 SPORT CORD EXERCISES</b>															
Double Knee Bends (Knee not over foot)								•	•	•	•	•	•	•	•
Carpet Drags								•	•	•	•	•	•	•	•
Forward Backward Jogging											•	•	•	•	•
Side to side agilities											•	•	•	•	•
<b>PHASE 3 WEIGHTS</b>															
Leg press down to 90 degrees				•	•	•	•	•	•	•		•	•	•	•
Leg Curls				•	•	•	•	•	•	•		•	•	•	•
Ab/Adduction				•	•	•	•	•	•	•		•	•	•	•
Balance squats								•	•	•	•	•	•	•	•
Knee Extension Pain free Arc				•	•	•	•	•	•	•		•	•	•	•
NO LUNGES															
<b>PHASE 4 HIGH LEVEL EXERCISES</b>															
Biking Outdoors												•	•	•	•
Rollerblading													•	•	•
Running												•	•	•	•
Skiing, basketball, Tennis, football, soccer													•	•	•
Golf												•	•	•	•
Agility Exercises													•	•	•
Trail Riding												•	•	•	•

**Additional Instructions:**

Ryan Nelson D.O.

Date



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**Phase IV – Advanced strengthening and higher level function stage (week 12-16):**

Goals:

- Return to appropriate recreational sports / activities as indicated
- Enhance strength, endurance and proprioception as needed for activities of daily living and recreational activities

Therapeutic Exercises:

- Continue previous exercises with progression of resistance and repetitions.
- Increased duration of endurance activities.
- Initiate return to specific recreational activity: golf, doubles tennis, progressive walking or biking program.

**Criteria for Discharge:**

(These are general guidelines as patients may progress differently depending on previous level of function and individual goals.)

- Non-antalgic, independent gait
- Independent step over step stair climbing
- Pain-free AROM
- At least 4+/5 muscular performance based on MMT of all lower extremity musculature.
- Normal, age appropriate balance and proprioception.
- Patient is independent with home exercise program.

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