



REHABILITATION PROGRAMME FOR TOTAL KNEE REPLACEMENT

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STAGE	AIMS	TREATMENT GUIDELINES
Prehabilitation	<ul style="list-style-type: none"> Strengthening of knee musculature Maintain or improve knee range of motion Familiarisation of postoperative exercises (see Mater booklet) 	<ul style="list-style-type: none"> Low impact exercise eg. Walking, bike, swimming Range of motion exercises eg lunges, hamstring & calf stretches Strengthening exercises eg SLR, IRQ, SQ
Stage 1 Acute Recovery Day 1- 5	<ul style="list-style-type: none"> Postoperative pain relief & wound care Swelling reduction DVT prophylaxis Early mobilisation from Day 1 Restoration of knee range of motion Functional muscular recovery 	<ul style="list-style-type: none"> Ice, elevation, analgesia, wound dressing Warfarin Mobilise full weight bearing as tolerated progressing from a frame to crutches or a walking stick by day 5 Range of motion exercises eg heel slides, lunges, active flexion, calf & hamstring stretches
Stage 2 Week 2-6	<ul style="list-style-type: none"> Continuation of postoperative pain relief, wound care, swelling reduction & DVT prophylaxis Continuation of strengthening & range of motion exercises Gait retraining Commencement of a walking program 	<ul style="list-style-type: none"> Continuation of warfarin & analgesic regime Ice and elevation Removal of sutures by a nurse at 10-14 days Progression of exercises to improve strength, endurance & range of motion Gait retraining from walking stick to no aide Can commence hydrotherapy after 2 weeks once wound is well healed Review with surgeon at 6 weeks with radiographs Hydrotherapy after 2 weeks post-operatively if wound healed
Stage 3 6 weeks – 6 months	<ul style="list-style-type: none"> Continuation of exercises as above and progression to more functional activities Wean off analgesia Swelling reduction 	<ul style="list-style-type: none"> Progression of walking programme aiming to achieve a 45 min brisk walk Gradual return activities such as golf and tennis Replace basic ROM and strengthening exercises with functional activities as above Return to driving once comfortable & narcotic analgesia eg oxycontin or endone is ceased Continuation of mild analgesia at 6 months as required Swelling and warmth in knee resolves mostly by 6 months. Antero-lateral numbness reduces but persists indefinitely
Stage 4 6 months – 1 year	<ul style="list-style-type: none"> Continuation of above 	<ul style="list-style-type: none"> Review with surgeon at 1 year postoperatively with radiographs