



PT Protocol: Total Knee Replacement

Total Knee Replacement

- a. After 6-12 visits (10-16 Visits if no home health PT given in first 2 weeks), we expect therapy to be completed in a huge percentage of patients. If not, we would need reports on why variances occur from patients' expected progress. These 12 visits can occur over any time period, supplemented by home exercises.
- b. 0—120 degrees
- c. Independent with all ADLs
- d. Ambulation without assistive devices if safe
- e. Reciprocal gait on stairs
- f. Independent with advanced home exercise program
- g. Suggested interventions
 - i. SLRs, short and long arc quads
 - ii. Hamstring curls
 - iii. partial squats
 - iv. Single leg balance
 - v. Stationary bike with seat lowering
 - vi. Heel slides
 - vii. Heel prop
 - viii. As per PT or physician's restrictions
- h. Seamless communication and updates with the nurse coordinator or physician's office. We hope to avoid readmissions or transfers to the ER. We would prefer all communication about potential problems communicated to the patient's nurse coordinator or their physician's office. Office visits or house calls to evaluate patients can be made in lieu of calls to the PCP or ER visits. We would prefer calls to our nurse coordinator or office staff prior to consulting PCPs.