

# Total Knee Replacement Rehab Protocol

Stage 1

Stage 2

Stage 3

Stage 4

## Acute Recovery

### 0 – 2 WEEKS

#### Goals

- Pain relief and wound care
- Swelling reduction
- DVT prophylaxis
- Early mobilization from day one

#### Pain Relief

- Ice, elevation, analgesia, wound dressing
- Take prescribed medication REGULARLY

#### Dressing and Wound Care

- Leave bulky dressing undisturbed for 48 hours
- Remove bulky dressing after 48 hours. Leave water proof dressing in place
- NO soaking, baths OR swimming yet. Leave bulky dressing clean and dry

#### DVT Prophylaxis

- Take prescribed medication as per Dr Sim

#### Mobility

- Mobilise full weight bearing as tolerated progressing from a frame to walking stick as comfort/confidence allows

#### Exercises

- Range of motion exercises and muscle activation exercises as instructed by physiotherapist

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## Range of Motion

### Goals

- Continuation of pain relief, wound care, swelling reduction and DVT prophylaxis
- Continuation of mobilization and range of motion exercises

### Exercises

- Progression of exercises to improve range of motion
- Gradual introduction of strengthening exercises
- Gait retraining from walking stick to no aid
- Can commence hydrotherapy after 2 weeks once wound is healed

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## 6 WEEKS – 3 MONTHS

### Goals

- Wear off pain medication
- Discontinue DVT prophylaxis
- Ongoing swelling reduction
- Continuation of exercises and progression to more functional activities
- Consider driving a motor vehicle once comfortable

### Exercises

- Progression of walking program aiming to build endurance

## 3 – 6 MONTHS

### Goals

- Ongoing swelling reduction
- Ongoing strengthening and endurance training aiming to achieve a 45 minute brisk walk

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## 6MONTHS – 1 YEAR

### Goals

- Continuation of above

Review with surgeon at one year post operatively with xray's