

**PHYSIOTHERAPY PATHWAY
WAHT-TP-011**

**Post-operative Physiotherapy Pathway
Total Knee Replacement**

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| Owner: | Benjamin Thomas Physiotherapy and Orthotics Manager |
| Approved by | Therapies Clinical Governance Group |
| Approval Date | 11 th October 2022 |
| Review Date | 11 th October 2025 This is the most current document and should be used until a revised version is in place |

Key Amendments

| Date | Amendments | Approved by: |
|-------------------------------|--|--|
| 25 th January 2023 | Document extended to 30 th June 2023 whilst under review. | Dr J Trevelyan/ Benjamin Thomas |
| 14 th March 2023 | Document updated with EAPP- approved October 2022 | Therapies Clinical Governance Group |

Pre-Op: Patients should have received pre-operative information via online group/pre-op assessment appointment

- Explain post-op regime and issue booklet
- General advice
- Explain exercises

Post-Op:

- Ensure has knee information booklet.
- If patient has poor quads control may have cricket splint-not routine.
- If patient struggling with active ROM may use CPM at discretion of Physiotherapist.

Day 0 – all patients to be assessed in line with Enhanced Recovery Programme guidelines to see if appropriate to be mobilised Day 0.

- Physio assessment – assess sensation, foot and ankle control.
- Assess static quads.
- Maintenance exercises - circulatory exercises, chest check.
- Start active flexion, inner range quads and static quads.
- Sit out with frame and 2 (if medically fit). Check sensation if nerve block or epidural.
- Mobilise with frame FWB.
- Commence ice therapy.
- Transfer onto 2 sticks/crutches as able when safe and independent on frame.
- Transfer practice.
- Stairs/step assessment.
- Discharge home if able.

Day 1 onwards:

- As per Day 0.

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Discharge Criteria

- Independently mobile on sticks or crutches (or baseline walking aid).
- Safe on stairs.
- No set flexion criteria for discharge, but patient should be showing improvement in range of movement and be compliant with exercise regime.
- Outpatient physiotherapy arranged for all patients.
- Refer to OT if there are any concerns regarding activities of daily living

These criteria for discharge may be over ruled by Consultant decision only