

This protocol does not override the individual responsibility of health professionals to make appropriate decision according to the circumstances of the individual patient in consultation with the patient and /or carer. Health care professionals must be prepared to justify any deviation from this guidance.

Post-operative Physiotherapy Pathway

Unicompartment Knee Replacement

Owner:	Benjamin Thomas Physiotherapy and Orthotics Manager
Approved by	Therapies Clinical Governance Group
Approval Date	18 th August 2023
Review Date	18 th August 2023 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
23 rd June 2023	Document extended for another 3 months whilst under review.	Benjamin Thomas
18 th August 2023	Document reviewed and approved for 3 years	Therapies Clinical Governance Group

Pre-Op: Patients should have attended an information group

- Explain post op regime and issue booklet including expected discharge within 24 hours.
- General advice.
- Explain exercises.
- Issue elbow crutches.

Post-Op:

- Ensure has UKR information booklet.
- If patient has poor quads control, may delay mobility.
- Mr McKenna patients – DO NOT REMOVE DRESSING, DO NOT PUSH FLEXION

Day 0:

- Physio assessment – assess sensation, foot and ankle control.
- Assess static quads.
- Patient instructed to maintain knee extension at rest.
- **Compression bandages left in situ.**
- Mobilise weight bear as tolerated with elbow crutches (and stair assessment).
- Book for review in consultant's **next** OPA clinic.
- Emphasis on elevation in extension, mobilising with elbow crutches and importance of taking all meds – analgesia / laxatives / antiemetics.
- Only stay overnight if social / medical / geographical reasons.

Day 1:

- As per Day 0.
- Discharge home if able.
- Book for review in consultant's **next** OPA clinic.

Day 2 onwards:

If patient has not been discharged on Day 0 / 1:

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- Compression bandage removed, Mr McKenna patients keep bandages for 2 weeks
- Knee flexion commenced.
- Discharge when ready and appropriate as per usual TKR physio.

Discharge Criteria:

- Independently mobile with elbow crutches.
- Safe on stairs.
- Book for review in consultant's **next** OPA clinic.

These criteria for discharge may be over ruled by consultant decision only.