



**John T. Anderson, MD.
Tom Gendron, P.A.**

- **Total Knee Replacement (TKA) Post Operative Protocol**

- This protocol provides you with general guidelines for recovery and rehabilitation after a Total Knee Arthroplasty. Specific changes in the program will be made by the physician as appropriate for the individual patient.
- *** Please fax initial assessment and subsequent progress notes directly to MOSMI at 952-944-0460

- **Phase I: Immediate Post-operative to 2 weeks**

- Average length of stay in hospital is 3 days
- ***Post discharge options include the following:*** Discharge home with family and home health care assistance.
- Nursing home/swing care bed for 7-10 days before going home.
- Physical therapy three times a week for three weeks following discharge from the hospital. This can be done in an outpatient setting or with the physical therapist visiting the home of a home bound patient. For patients who go to extended care or to a nursing home, daily physical therapy is automatic.
- Patients currently receive Lovenox anticoagulation 2 times a day for 2 weeks following surgery.

- **Phase II: 2 weeks to 4 months**

- First post-op visit with physician's assistant
 - Wound Check and suture removal.
- Physical Therapy- We prescribe out patient physical therapy three times a week for two to three weeks following discharge from the hospital. Your therapist may recommend additional supervised visits which we will approve on their recommendation. Once your formal physical therapy visits are complete, you are still expected to continue with home exercises for four months following the surgery to gain maximum recovery.
- Total Knee Goals- Out goal in flexion is for 120 degrees of flexion and this will come gradually over the first two to three months following surgery. Our goal in extension is full extension to 0 degrees within three to four weeks of the surgery. Because extension is hard to achieve beyond four weeks, we recommend use of the knee immobilizer splint at night for the first two to four weeks to help maintain full extension. Your motion will be assessed at the first postoperative appointment to make sure you are making good progress.

- Patients generally use a walker or crutches for 3 weeks post-op and if they have sufficient strength and balance, they move to a cane for 2 more weeks.
- By 6 weeks following total knee replacement, patients generally walk without a cane, feel about 75 percent recovered and may travel.

Phase III: 4 months +

- Routine post-op visits are generally at 2 weeks, 4 months and then annually thereafter.