



Serving Corpus Christi



Serving Coastal Bend



Post-Operative TKR/THR Patient Flowchart

Welcome to Your Recovery Path!

This flowchart guides you through your 5-visit physical therapy (PT) plan from post-operative day 2 to day 12-14 after your total knee replacement (TKR) or total hip replacement (THR). Your PT will test your movement to ensure safety, using a rolling walker at all times. Follow the steps to move safely, reduce swelling, heal your wound, and regain independence at home. We have provided QR code links for video explanations for many of the questions you will have. Please focus your phones camera on the dots and a link will appear to the web video. Of course, always feel free to ask your MD, DPT, or RN any questions!



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Flowchart Overview

- **Purpose:** Visual roadmap of your home health PT journey, emphasizing rolling walker use for all mobility to prevent falls.
- **Structure:** 5 visits, each 1 hour, with clear steps and goals.
- **Key Components:**
 - Vital signs and wound/skin checks.
 - Home safety and cleanliness assessment.
 - TKR: "20/20 Rule" and exercises.



20/20 RULE EXPLAINED VIDEO

- THR: Activities based on your comfort with hip precautions.
- Tests: Sit-to-stand, walking, reaching to check progress (see Appendix).
- Functional training: Toileting, bathing, vehicle, garage, mailbox & Stair training, all with rolling walker

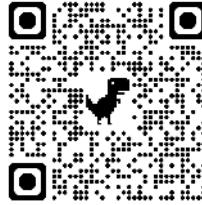


SAFE STAIR TRAINING VIDEO

- Education: Nutrition, bruising, hip precautions (THR), rolling walker use.
- **Goals:** Safe movement with rolling walker, less swelling/pain, healed incision, independent daily tasks (e.g., toileting, bathing, mailbox trips).

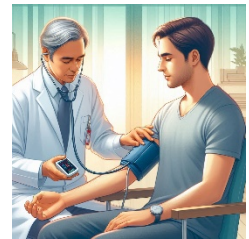


Visit 1 (Day 2): Get Started



VISIT 1 VIDEO

- **Step 1: Vital Signs Check**
 - Check blood pressure, heart rate, breathing, oxygen levels.
- **Step 2: Wound/Skin Check**
 - Inspect incision, check skin, teach NPWT care if used (e.g., monitor canister).
 - Follow surgeon's instructions (e.g., keep dry).
- **Step 3: Home Safety/Cleanliness**
 - Check for fall risks (rugs, clutter) and infection hazards (dirty surfaces, bathroom).
 - Suggest fixes: Grab bars, clear paths, clean toilet/shower.
 - Stress: Use rolling walker at all times for all mobility tasks.



- **Step 4: Education**

- **TKR:** Learn "20/20 Rule" (8 hr/day stretches: 20 min knee bend, 20 min straight).



KNEE FLEXION VIDEO



KNEE EXTENSION VIDEO

- **THR:** Learn to listen to your hip, avoid overdoing it.
- **Hip Precautions (THR):**
 - **Anterior:** No stepping back, toes outward, or bending $>90^\circ$ with leg crossing.



ANTERIOR HIP PRECAUTION VIDEO

- **Posterior:** No bending $>90^\circ$, crossing legs, or toes inward.



POSTERIOR LATERAL HIP PRECAUTION VIDEO



POSTERIOR LATERAL HIP SAFE TOILETING VIDEO

- **Bruising:** Bruising is normal due to blood thinners (likely baby aspirin), not usually DVT. Watch for severe swelling/pain (DVT signs), call surgeon if present.



BRUISING AND NUTRITION VIDEO



- **Nutrition:** Eat protein (e.g., eggs), drink water, cut salt, add fiber (e.g., veggies).
- **Rolling Walker:** Use at all times for walking, transfers, and activities to prevent falls.



ROLLING WALKER SAFE USE VIDEO

- **Step 5: Activities**

- **TKR:** Gentle knee bends, ankle pumps (20 reps).
- **THR:** Short walks/sitting as tolerated, respect precautions.
- **Tests:** Your PT will time how fast you stand from a chair (sit-to-stand test).
- **Functional Training:**
 - Bed mobility (scoot up/down, use rolling walker to approach).
 - Sit-to-stand, chair transfers with rolling walker.
 - Toileting: Practice with grab bar, elevated seat for posterior THR, rolling walker.
 - Bathtub/Shower: Simulate entry (shower chair, non-slip mat) with rolling walker.
 - Discuss vehicle/garage/mailbox tasks (practice sit-to-stand with rolling walker).

Home Tasks:

- TKR: "20/20 Rule", ankle pumps, knee bends (10 reps x 2/day), use rolling walker.
- THR: Sit/walk as tolerated, ankle pumps, hip flexion (10 reps x 2/day, stop if pain), toilet/bathing practice, respect precautions, use rolling walker.
- Follow nutrition, keep home clean, monitor wound/bruising, use rolling walker at all times.



Visit 2

(Day 4-5): Build Confidence



- **Step 1: Vital Signs Check**
- **Step 2: Wound/Skin Check**
- **Step 3: Home Safety/Cleanliness**
 - Stress: Use rolling walker at all times for all mobility tasks.
- **Step 4: Education**
 - Review "20/20 Rule" (TKR), hip precautions (THR), nutrition, rolling walker use.
- **Step 5: Activities**
 - **TKR:** Knee bends (70-80°), heel slides (10 reps x 2), stretches (45 sec x 2).
 - **THR:** Walk 50-100 ft, sit longer, respect precautions, use rolling walker.
 - **Tests:** Your PT will time standing/walking (sit-to-stand, up-and-go tests).
 - **Functional Training:**
 - Toilet transfers with grab bar, elevated seat (posterior THR), rolling walker.
 - Shower entry practice (chair, mat), respect THR precautions, rolling walker.
 - Vehicle entry (TKR: surgical leg lead; THR: non-surgical leg, precautions), with rolling walker.
 - Simulate garage entry, discuss mailbox (50-100 ft, indoors if unsafe), with rolling walker.

Home Tasks:

- **TKR:** Add heel slides, continue "20/20 Rule", scar massage (if approved), use rolling walker.
- **THR:** Walk 50-100 ft, add hip abduction, practice vehicle entry, toilet/bathing, respect precautions, use rolling walker.



Visit 3

(Day 7-8): Move More

- **Steps 1-3:** Vital Signs, Wound/Skin, Safety/Cleanliness (stress rolling walker use).
- **Step 4: Education**
 - Reinforce "20/20 Rule", hip precautions, nutrition, rolling walker use.
- **Step 5: Activities**
 - **TKR:** 90° knee bend, heel slides, stretches (60 sec x 2).
 - **THR:** Walk 100-150 ft, increase tasks, respect precautions, use rolling walker.
 - **Tests:** Your PT will test standing, walking, stepping (sit-to-stand, up-and-go, walking, stepping tests).
 - **Functional Training:**
 - Refine toilet transfers (elevated seat for posterior THR), with rolling walker.
 - Optimize shower/tub entry (walker, chair), with rolling walker.
 - Practice vehicle/garage entry, mailbox (50-100 ft, supervised), with rolling walker.
 - Start stairs (step-to pattern) if ready, with rolling walker.



Home Tasks:

- TKR: Continue "20/20 Rule", heel slides, use rolling walker.
- THR: Walk 100-150 ft, toilet/bathing, vehicle/mailbox, respect precautions, use rolling walker.
- Nutrition, hygiene, wound/bruising monitoring.

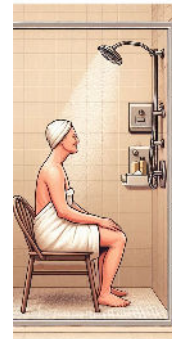


Visit 4

(Day 10-11): Gain Independence



- **Steps 1-3:** Vital Signs, Wound/Skin, Safety/Cleanliness (stress rolling walker).
- **Step 4: Education**
 - Review TKR/THR goals, hip precautions, nutrition, rolling walker use.
 - **Bruising:** Bruising is normal with blood thinners (likely baby aspirin), not usually DVT. Watch for DVT signs (severe swelling/pain), call surgeon if present.
- **Step 5: Activities**
 - **TKR:** Knee bend to 100°, terminal knee extensions (10 x 2), stretches.
 - **THR:** Walk 150-200 ft, ADLs (dressing, bathing, toileting), precautions, rolling walker.
 - **Tests:** Your PT will test standing, walking, stepping, reaching (all tests).
 - **Functional Training:**
 - Optimize toilet transfers (grab bar, independence), rolling walker.
 - Refine shower/tub entry (adaptive equipment), rolling walker.
 - Master vehicle/garage, mailbox (100-150 ft), rolling walker.
 - Practice stairs, ADLs, rolling walker.



Home Tasks:

- TKR: Add terminal knee extensions, continue "20/20 Rule", rolling walker.
- THR: Walk 150-200 ft, ADLs, vehicle/garage/mailbox, respect precautions, rolling walker.



Visit 5 (Day 12-14): Ready for Next

Steps

- **Steps 1-3:** Vital Signs, Wound/Skin, Safety/Cleanliness (stress rolling walker).
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- **Step 4: Education**
 - Finalize "20/20 Rule" (TKR: 4 hr/day post-day 14), hip precautions (THR), nutrition, rolling walker use.
 - **Bruising:** Bruising is normal with blood thinners (likely baby aspirin), not usually DVT. Watch for DVT signs, call surgeon if present.
 - Prepare for outpatient PT.
- **Step 5: Activities**
 - **TKR:** Knee bend (90-110°), heel slides, stretches.
 - **THR:** Walk 200 ft, ADLs, respect precautions, rolling walker.
 - **Tests:** Your PT will test standing, walking, stepping, reaching (all tests).
 - **Functional Training:**
 - Independent toilet transfers, rolling walker.
 - Proficient shower/tub entry, rolling walker.
 - Master vehicle/garage, mailbox (150-200 ft), rolling walker.
 - Finalize ADLs, stairs, scar massage, rolling walker.



Discharge Plan:

- Start outpatient PT for strength/balance.
- TKR: Continue "20/20 Rule" (4 hr/day), exercises, scar massage, rolling walker.
- THR: Increase activities (200 ft, ADLs, vehicle/garage/mailbox), respect precautions, scar massage, rolling walker.
- Follow nutrition, monitor wound/bruising, use walker/cane as advised.



Appendix:

Special Tests Procedures

- **Timed Up and Go (TUG):**
 - **Purpose:** Assess mobility and fall risk.
 - **Procedure:** Patient stands from a chair (seat height ~17 inches), walks 3 meters with rolling walker, turns, returns, and sits. Time the sequence. Stop if pain or THR precautions violated.
 - **Goal:** <20 seconds (low fall risk).
- **30-Second Chair Stand Test:**
 - **Purpose:** Assess lower body functional strength for transfers.
 - **Procedure:** Patient stands up and sits down as many times as possible in 30 seconds from a chair, using rolling walker. Count full stands. Stop if pain or THR precautions violated.
 - **Goal:** Age/gender norms (e.g., 12-17 stands for 60-64 years).
- **Five Times Sit-to-Stand Test (FTSST):**
 - **Purpose:** Assess transfer speed and stability.
 - **Procedure:** Patient completes 5 sit-to-stands from a chair with rolling walker as quickly as possible. Time from initial sitting to final sitting. Stop if pain or THR precautions violated.
 - **Goal:** <15 seconds.
- **Two-Minute Walk Test (2MWT):**
 - **Purpose:** Measure walking endurance.
 - **Procedure:** Patient walks with rolling walker for 2 minutes at a comfortable pace in a safe area (e.g., hallway). Measure total distance. Stop if pain or THR precautions violated.
 - **Goal:** ~100-150 meters (60-69 years).



- **Functional Reach Test:**

- **Purpose:** Assess stability for ADLs.
- **Procedure:** Patient stands with rolling walker, arm extended at shoulder height, reaches forward without stepping. Measure best reach distance over 3 trials. Stop if pain or THR precautions violated.
- **Goal:** >6 inches (low fall risk).

- **Four Square Step Test (FSST):**

- **Purpose:** Assess stepping ability and coordination.
- **Procedure:** Create a square with four 1-inch sticks/tape (side ~1 foot). Patient steps into each square (clockwise, then counterclockwise) with rolling walker as quickly as possible. Time the sequence. Stop if pain or THR precautions violated.
- **Goal:** <15 seconds.

