Knee Replacement Care Pathway After Discharge

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Take Pain Medication</strong></td>
<td>Take medication as directed by your surgeon for the first few days. Begin to wean off of pain meds as tolerated.</td>
<td>Take medication</td>
<td>Take medication</td>
<td>Take medication</td>
<td>Take medication</td>
<td>Take medication</td>
</tr>
<tr>
<td><strong>Take Blood Clot Medication</strong></td>
<td>Take medication to prevent blood clots as directed by your surgeon.</td>
<td></td>
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<tr>
<td><strong>Ice your Knee</strong></td>
<td>Apply and ice pack for 20 minutes as tolerated throughout the day. (20 minutes on, 20 minutes off.)</td>
<td>Ice often</td>
<td>Ice often</td>
<td>Ice often</td>
<td>Ice often</td>
<td>Ice often</td>
</tr>
<tr>
<td><strong>Elevate your Leg</strong></td>
<td>Prop your leg when sitting throughout the day</td>
<td>Elevate leg above heart</td>
<td>Elevate leg above heart</td>
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<td>Elevate leg above heart</td>
</tr>
<tr>
<td><strong>Wear TED Stockings</strong></td>
<td>Wear during the day and remove at night. Check skin daily to make sure you have not developed a sore.</td>
<td>Check Skin</td>
<td>Check Skin</td>
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<td>Check Skin</td>
</tr>
</tbody>
</table>

**Care for your Incision**

Keep incision clean and dry. Do not use ointments or lotions. Do not take a bath. Cover incision while you shower.

**Avoid Constipation**

Take a stool softener and laxative every day that you are taking pain medications | Eat a high fiber diet | Drink plenty of fluids (water)

| **Ankle Pumps** | 10 Reps every hour | 10 Reps every hour | 10 Reps every hour | 10 Reps every hour | 10 Reps every hour | 10 Reps every hour |
| **Thigh Squeeze** | 3 times per day, work up to 10 reps | 10 Reps 3x/day | 10 Reps 3x/day | 10 Reps 3x/day | 10 Reps 3x/day | 10 Reps 3x/day |
| **Buttock Squeeze** | 3 times per day, work up to 10 reps | 10 Reps 3x/day | 10 Reps 3x/day | 10 Reps 3x/day | 10 Reps 3x/day | 10 Reps 3x/day |
| **Heel Slides** | 3 times per day, work up to 10 reps | 10 Reps 3x/day | 10 Reps 3x/day | 10 Reps 3x/day | 10 Reps 3x/day | 10 Reps 3x/day |
| **Straight Leg Raises** | 3 times per day, work up to 5 reps | 5 Reps 3x/day | 5 Reps 3x/day | 5 Reps 3x/day | 5 Reps 3x/day | 5 Reps 3x/day |
| **Lying Down Gravity Knee Bends** | 6 times per day | 6 times per day | 6 times per day | 6 times per day | 6 times per day | 6 times per day |
| **Knee Extensions** | 3 times per day, work up to 10 reps | 10 Reps 3x/day | 10 Reps 3x/day | 10 Reps 3x/day | 10 Reps 3x/day | 10 Reps 3x/day |
| **Scooting Knee Bend** | 6 times per day | 6 times per day | 6 times per day | 6 times per day | 6 times per day | 6 times per day |
| **Sitting Knee Extensions** | 3 times per day, work up to 5 reps | 5 Reps 3x/day | 5 Reps 3x/day | 5 Reps 3x/day | 5 Reps 3x/day | 5 Reps 3x/day |
| **Two-Chair Stretch** | 3 to 6 times per day | 3-6 times per day | 3-6 times per day | 3-6 times per day | 3-6 times per day | 3-6 times per day |

**Dos and Don’ts**

- **Avoid for Long Periods:**
  - Straight Leg (0 degrees)
  - Bend Leg (90 degrees)

- **Don't Sit for Long Periods**
  - With Your Feet Under Your Knee

- **Keep Incision clean and dry.**
  - Do not use ointments or lotions.
  - Do not take a bath.

- **Avoid Constipation:**
  - Take a stool softener and laxative every day you are taking pain medications | Eat a high fiber diet | Drink plenty of fluids (water)

- **Medication:**
  - Stockings
  - Incision

- **Who Do You Call?**
  - 734-936-5780

- **Exercises (based on therapist discretion):**
  - Knee Extensions
  - Scooting Knee Bend
  - Sitting Knee Extensions
  - Two-Chair Stretch

- **Control Pain and Swelling:**
  - Ice often | Ice often | Ice often | Ice often | Ice often | Ice often

- **Check Skin:**
  - Check Skin | Check Skin | Check Skin | Check Skin | Check Skin | Check Skin

- **Elevate leg above heart:**
  - 4x/day

- **Prone:**
  - 6 times per day

- **Heel Slides:**
  - 6 times per day

- **Who Do You Call?**
  - Nurse Navigator: 734-9367299 (8am-4:30pm M-F) | After Hours Paging: 734-936-6267 (ask for Orthopaedic Resident on-call)
## Knee Replacement Care Pathway After Discharge

### Goals
- Straighten Leg (90 degrees)
- Bend Leg (90 degrees)

### Dos and Don'ts
- Do Not Rest with a Pillow Positioned Under Your Knee
- Avoid for Long Periods with Your Feet on the Floor

### Control Pain and Swelling
- Apply and ice pack for 20 minutes
- Ice your Knee
- Elevate leg (above your heart) 4x/day

### Avoid Constipation
- Take a stool softener and laxative every day that you are taking pain medications | Eat a high fiber diet | Drink plenty of fluids (water)

### Ankle Pumps
- Do 10 reps every hour
- Check Skin

### Thigh Squeeze
- 3 times per day, work up to 10 reps
- 10 Reps 3x/day

### Buttock Squeeze
- 3 times per day, work up to 10 reps
- 10 Reps 3x/day

### Heel Slides
- 3 times per day, work up to 10 reps
- 10 Reps 3x/day

### Straight Leg Raises
- 3 times per day, work up to 5 reps
- 5 Reps 3x/day

### Lying Down Gravity Knee Bends
- 6 times per day
- 6 times per day

### Knee Extensions
- 3 times per day, work up to 10 reps
- 10 Reps 3x/day

### Scooting Knee Bend
- 6 times per day
- 6 times per day

### Sitting Knee Extensions
- 3 times per day, work up to 5 reps
- 5 Reps 3x/day

### Two-Chair Stretch
- 3 to 6 times per day

### Range of Motion
- Track your ROM | Goal: 0 to 90 degrees by two week follow-up appointment

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### Who Do You Call?
- Nurse Navigator: 734-936-7299 (8am-4:30pm M-F) | After Hours Paging: 734-936-6267 (ask for Orthopaedic Resident on-call)