

REHABILITATION INSTRUCTIONS FOR TOTAL AND UNICOMPARTIMENTAL KNEE PROSTHESIS

NAAM PATIENT:

Aantal sessies: 30 – 60

Sessies per week: 3-5/week

Datum:

Day 0: * surgery

Day 1:

- * kinetec 0-50°
- * extension control
- * blood circulation-exercises (feet up/down)
- * ice

Day 2:

- * kinetec 0-50°
- * Quad sets
- * ice

Day 3:

- * kinetec 0-60°
- * control settings/circulation
- * transfers
- * ambulation with crutches
- * ice

Day 4:

- * kinetec 0-90°
- * ambulation with crutches or walker
- * optimise transfers
- * in room:
 - active flexion-exercises
 - active extension-exercises
- * teach home exercises
- * hometrainer
- * ice

Day 5 tot discharge:

- * progressive kinetec
- * correct walking pattern

**Try to increase ROM by at least 10 degrees per day!
This is a Target**

* stairs

Discharge criteria:

- * dry wound
- * 90° flexion and full extension
- * correct ambulation with 2 crutches
- * to be able to do a couple of step
- * straight leg raise possible (SLR)

After discharge:

- * see rehab specialist once a day for 40 to 60 session
- * do not forget to ice the knee on a regular basis
- * 0-3 weeks walking with 2 crutches
- * 3-6 weeks walking with 1 crutch

POSTOPERATIVE REHABILITATION

- * intensive mobilisation knee (passive, active assisted and active)
- * static QUAD exercises and general muscle strengthening exercises of the lower limb
- * proprioception knee
- * closed and open kinetic chain exercises
- * hometrainer without resistance until the full range of motion is achieved
- * gait
- * 0-3 weeks walking with 2 crutches
- * 3-6 weeks walking with 1 crutch
- * ADL and functional exercises

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Nomenclatuur:
Primair 290286N588
PFP 290205N350
UNI 290264N500
REVISIE 293462N850