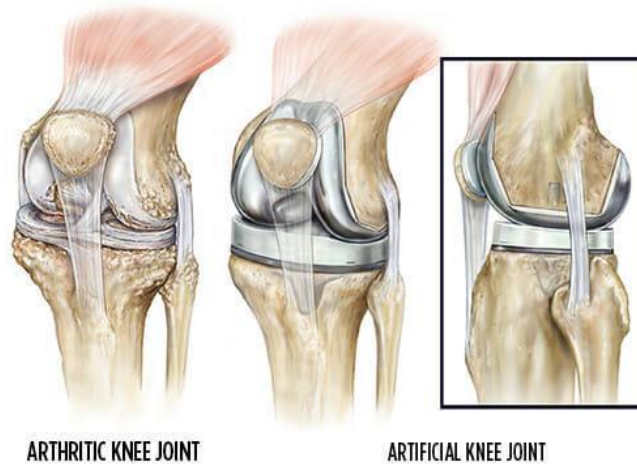


Total Knee Replacement



RECOVERY PROGRESSION

- **Outpatient surgery** (80% go home the same day) or stay overnight
- Surgery time = 2 hours
- **Activity- Crutches or walker for balance.** No brace. No motion or weight bearing restrictions.
- **Physical Therapy** -Starts immediately after surgery
 - Outpatient PT 1-2x week for approximately 3 months
- **Restrictions-**
 - Return to Office Work- 1-2 weeks
 - Doing most activities of daily living and most work – 4-6 weeks
 - Full range of motion and begin strengthening and sport – 3 months
 - Full activities – 4-6 months
- **Postoperative Visits-**
 - 2 weeks- staples out and review surgery and xrays
 - 6 weeks- check range of motion
 - 3 months- ensure full range of motion and normal walking
 - 4-6 months as needed