

OUTPATIENT TOTAL KNEE REPLACEMENT

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TOTAL KNEE REPLACEMENT

ARTHRITIS AFFECTS 40 MILLION
RESURFACING THE KNEE
IMPROVED QUALITY OF LIFE

OUTPATIENT TKR

ELIMINATES HOSPITAL STAYS
SUPPORTS YOUR HOME
RECOVERY
SAFE!

OUTPATIENT TKR CANDIDATE

- BODY MASS INDEX < 35
- MINIMAL MEDICAL ISSUES

SURGICAL RISKS

- INFECTION
- BLOOD CLOTS
- PNEUMONIA
- NUMBNESS
- SEVERE COMPLICATIONS

TKR

- AVERAGE TIME 1 HOUR
- POST OP STAY 1 TO 2 HOURS
- DAMAGED BONE REMOVED
- BONE SHAPED FOR IMPLANTS

SCHEDULING

- CURRENTLY COMERCIAL INSURANCE
- MEDICARE/MEDICAID CHANGING RULES

MEDICATIONS TO DISCONTINUE

- BLOOD THINNERS 5 DAYS
- ASPIRIN 5 DAYS
- STOP DIET PILLS/SUPPLEMENTS 2 WEEKS PRIOR TO SURGERY
- ANTINFLAMMATORIES 10 DAYS

TESTING

- CHEST XRAY, BLOOD, EKG, URINALYSIS, EKG, NASAL MSRA CULTURE IF HISTORY POSITIVE

MY OFFICE PREPARATION

- PROVIDE POST OP PRESCRIPTIONS FOR MEDS, KNEE IMMOBILIZER, CRUTCHES OR WALKER, CPM AND COLD THERAPY UNIT
- PRIMARY PHYSICIAN MEDICAL CLEARANCE

PRE SURGICAL ORIENTATION

- HOME PREPARATION
- EQUIPMENT
- WHAT TO EXPECT AT AISC
- PRE SURGERY EXERCISE


(1) Ankle Pumps



(2) Quad Sets (Knee Push-Downs)




**(3) Gluteal Sets
(Bottom Squeezes)**




Squeeze bottom together. Do NOT hold breath. Repeat 20 times.

**(4) Knee Abduction and Adduction
(Slide Heels Out and In)**




Lie on back, slide legs out to side. Keep toes pointed up and knees straight. Bring legs back to starting point. Repeat 20 times.

**(5) Heel Slides
(Slide Heels Up and Down)**




Lie on couch or bed. Slide heel toward your bottom. Repeat 50 times.

(8) Seated Hamstring Stretch




Lean forward and pull ankle up. Stretch until pull is felt. Hold for 20-30 seconds. Keep back straight.

(9) Straight Leg Raises



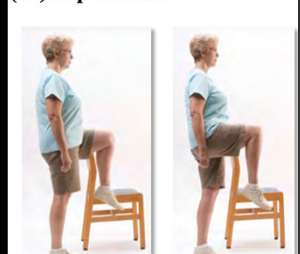
Lie on back, unaffected knee bent, and foot flat. Lift opposite leg up 12 inches. Keep knee straight and toes pointed up. Relax. Repeat 20 times.

(Plantar Flexion)



Standing, hold onto firm surface. Raise up on toes. Go back on heels.

(11) Hip Flexion



Standing, march in place.

PRE SURGICAL EXERCISE

INSERT VIDEO INCLUDEHEEL SLIDES, ANKLE PUMPS, QUAD SETS, GLUT SETS, KNEE AB AND ADDUCTION, ARM CHAIR PUSH UPS, HAMSTRING STRETCH, SLR, ANKLE PLANTAR FLEXION AND DORSIFLEXION, HIP FLEXION

HOME PREPARATION

- PREPARE MEALS AND BED
- GOOD ARMCHAIR
- AVAILABLE MEDICATIONS
- NON SKID AREAS AND SHOES
- CELL PHONE OR ALARM FOR EMERGENCIES

ONE WEEK BEFORE TKR

- RECEIVE MEDICATIONS
- SHEDULE HOME HEALTH NURSE AND THERAPIST
- STOP APPROPRIATE MEDS
- DO PRE OP EXERCISES

2 DAYS BEFORE TKR

- HIBICLENS SHOWER
- STOP SMOKING
- CONTINUE EXERCISES TO BUILD STRENGTH AND STAMINA

DAY OF SURGERY

- NPO AFTER MIDNIGHT
- SEDATION AND ANESTHETIC BLOCK

SURGICAL PROCEDURE

- VIDEO

RECOVERY

- PACU NURSE PREPARES PATIENT FOR DEPARTURE
- ANESTHESIA CHECKS PAIN CONTROL

PHYSICAL THERAPY

- PHYSICAL THERAPIST MEETS PATIENT AT HOME
- DAILY HOME THERAPY
- ONE WEEK

CONCLUSION

- OUTPATIENT TKR IS SAFE
- INFECTION RATE VERY LOW
- COST MAY BE LESS