

**PROTOCOL TITLE**

Name of Protocol/Regime	Consultant	Updated On	Updated By	Review Date
<b>DFO</b>	DAWSON	Jan '16	P.J.HAMPTON	

Please note that surgeons may have different post op instructions which must be adhered to  
**Inpatients**

**On-Discharge**

- Photocopy op. notes to attach to referral.
- Plan for D/C ,refer to outpatients and complete D/C summary.
- Refer to OT for ADL's as required.
- Ensure that the Patient has the initial exercise sheet as required.

**Outpatients – Operation notes must be attached**

**0 – 6 weeks**

**Goals**

**Control pain**

**Control swelling**

**SLR without lag**

**AIM for 0 Degrees extension & 90 degrees knee flexion**

**Mobile patella**

**Therapy Guidelines**

**TTWB-PWB with EC,s**



## **Hydrotherapy**

### **6-8 weeks**

#### **Goals**

**Gait -Advance WB to full**

**(With or without EC,s)**

**Reduce pain control**

**Increase control SLR**

**Progress ROM knee flexion to accommodate Static Bike**

**Decrease swelling**

#### **Therapy Guidelines**

**Early proprioceptive training**

**Increase resistance bike**

### **8-12 weeks**

#### **Goals**

**Normal gait**

**FROM Knee & Hip**

#### **Therapy Guidelines**

**Driving maybe commenced**

### **12weeks- 6/12**

#### **Goals**

**Full strength**

**Return to functional activities**

#### **Therapy Guidelines**

**Open chain resisted exercises**

**Running**

**Cutting**

### **6/12 +**

#### **Therapy Guidelines**



**No restrictions**

**Goals**

**Return to sports specific activities (If appropriate)**

