**Knee Replacement Care Pathway After Discharge**

<table>
<thead>
<tr>
<th><strong>Day 1</strong></th>
<th><strong>Day 2</strong></th>
<th><strong>Day 3</strong></th>
<th><strong>Day 4</strong></th>
<th><strong>Day 5</strong></th>
<th><strong>Day 6</strong></th>
<th><strong>Day 7</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Take Pain Medication</strong></td>
<td>Take pain medication as directed by your surgeon for the first few days. Begin to wean off of pain meds as tolerated. (Decrease the number of pills or increase the time between pills.)</td>
<td>Take Pain Medication</td>
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</tr>
<tr>
<td><strong>Take Blood Clot Medication</strong></td>
<td>Take medication to prevent blood clots as directed by your surgeon.</td>
<td>Take Blood Clot Medication</td>
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</tr>
<tr>
<td><strong>Ice your Knee</strong></td>
<td>Apply and ice pack for 20 minutes every hour</td>
<td>Ice your Knee</td>
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</tr>
<tr>
<td><strong>Prop your leg when sitting throughout the day</strong></td>
<td>Prop your leg when sitting throughout the day</td>
<td>Elevate your leg above heart for 20-30 minutes</td>
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<td>Elevate your leg above heart for 20-30 minutes</td>
</tr>
<tr>
<td><strong>Elevate your Leg</strong></td>
<td>Elevate leg above heart</td>
<td>Elevate leg above heart</td>
<td>Elevate leg above heart</td>
<td>Elevate leg above heart</td>
<td>Elevate leg above heart</td>
<td>Elevate leg above heart</td>
</tr>
<tr>
<td><strong>Ankle Pumps</strong></td>
<td>Do 5 reps every hour</td>
<td>10 Reps every hour</td>
<td>10 Reps every hour</td>
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<td>10 Reps every hour</td>
<td>10 Reps every hour</td>
</tr>
<tr>
<td><strong>Thigh Squeeze</strong></td>
<td>3 times per day, work up to 10 reps</td>
<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
</tr>
<tr>
<td><strong>Buttock Squeeze</strong></td>
<td>3 times per day, work up to 10 reps</td>
<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
</tr>
<tr>
<td><strong>Heel Slides</strong></td>
<td>3 times per day, work up to 10 reps</td>
<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
</tr>
<tr>
<td><strong>Straight Leg Raises</strong></td>
<td>3 times per day, work up to 5 reps</td>
<td>5 Reps 3x/day</td>
<td>5 Reps 3x/day</td>
<td>5 Reps 3x/day</td>
<td>5 Reps 3x/day</td>
<td>5 Reps 3x/day</td>
</tr>
<tr>
<td><strong>Lying Down Gravity Knee Bends</strong></td>
<td>6 times per day</td>
<td>6 times per day</td>
<td>6 times per day</td>
<td>6 times per day</td>
<td>6 times per day</td>
<td>6 times per day</td>
</tr>
<tr>
<td><strong>Knee Extensions</strong></td>
<td>3 times per day, work up to 10 reps</td>
<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
<td>10 Reps 3x/day</td>
</tr>
<tr>
<td><strong>Scooting Knee Bend</strong></td>
<td>6 times per day</td>
<td>6 times per day</td>
<td>6 times per day</td>
<td>6 times per day</td>
<td>6 times per day</td>
<td>6 times per day</td>
</tr>
<tr>
<td><strong>Sitting Knee Extensions</strong></td>
<td>3 times per day, work up to 5 reps</td>
<td>5 Reps 3x/day</td>
<td>5 Reps 3x/day</td>
<td>5 Reps 3x/day</td>
<td>5 Reps 3x/day</td>
<td>5 Reps 3x/day</td>
</tr>
<tr>
<td><strong>Two-Chair Stretch</strong></td>
<td>3 to 6 times per day</td>
<td>3 to 6 times per day</td>
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</tr>
<tr>
<td><strong>Range of Motion</strong></td>
<td>Track your ROM</td>
<td>Goal: 0 to 90 degrees by two week follow up appointment</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Care for your Incision**

**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)
- Stool softener | Laxative | High fiber diet | Drink fluids

**Ankle Pumps**
- Do 10 reps every hour
- 10 Reps every hour

**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
- 3 to 6 times per day

**Who Do You Call?** Surgery Call Center: 734-936-5780 (8am-4:30pm M-F) | After Hours Paging: 734-936-6267 (ask for Orthopaedic Resident on-call)
<table>
<thead>
<tr>
<th><strong>Care for your Incision</strong></th>
<th><strong>Day 8</strong></th>
<th><strong>Day 9</strong></th>
<th><strong>Day 10</strong></th>
<th><strong>Day 11</strong></th>
<th><strong>Day 12</strong></th>
<th><strong>Day 13</strong></th>
<th><strong>Day 14</strong></th>
</tr>
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<tbody>
<tr>
<td><strong>Keep incision clean and dry.</strong></td>
<td>Take a stool softener and laxative every day that you are taking pain medications</td>
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<tr>
<td><strong>Normal:</strong></td>
<td>Pain</td>
<td>Incision is redder</td>
<td>Incision is hotter</td>
<td>Pain</td>
<td>Incision is redder</td>
<td>Incision is hotter</td>
<td>Pain</td>
</tr>
<tr>
<td><strong>Not Normal:</strong></td>
<td>Pain</td>
<td>Incision is redder</td>
<td>Incision is hotter</td>
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<td>Incision is redder</td>
<td>Incision is hotter</td>
<td>Pain</td>
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**Knee Replacement Care Pathway After Discharge**

**Day 8**
- Take Mediation
- Ice often
- 10 Reps 3x/day

**Day 9**
- Take Mediation
- Ice often
- 10 Reps 3x/day

**Day 10**
- Take Mediation
- Ice often
- 10 Reps 3x/day

**Day 11**
- Take Mediation
- Ice often
- 10 Reps 3x/day

**Day 12**
- Take Mediation
- Ice often
- 10 Reps 3x/day

**Day 13**
- Take Mediation
- Ice often
- 10 Reps 3x/day

**Day 14**
- Take Mediation
- Ice often
- 10 Reps 3x/day

**Goals**
- Straighten Leg (0 degrees)
- Bend Leg (90 degrees)

**Accomplish ROM Goal by:**
- Controlling pain and swelling
- Caring for your wound
- Doing your exercises

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

**Avoid for Long Periods**
- Under Your Knee

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

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

**Who Do You Call?**
- Surgery Call Center: 734-936-5780 (8am-4:30pm M-F)
- After Hours Paging: 734-936-6267 (ask for Orthopaedic Resident on-call)