



Knee Replacement Surgery Timeline Guide

Welcome to Your Knee Replacement Surgery Timeline Guide

According to the Agency for Healthcare Research and Quality, upwards of 754,000 knee replacements were performed in a single year in the United States. And, did you know that this surgery is also considered one of the most successful procedures in medicine?

At EmergeOrtho—Triangle Region, our knee replacement surgeons routinely perform total knee replacements, utilizing advanced surgical procedures for best patient outcomes. Our ultimate goal is to always help our patients Emerge Stronger. Healthier. Better. As part of our patient-centered care and commitment to optimal recovery, our Knee and Joint Replacement Teams have designed this surgery recovery journal. Specifically created for total knee replacement recovery, this guide provides:

- Four separate customizable calendar months.
- Insight into what to expect prior to surgery and your first, second, and third months of recovery.
- Space to write important pre-surgical information, recovery guidelines and follow up appointments to schedule.

To help ensure that you have a safe and successful recovery, it is important to follow the explicit instructions provided by your surgeon before and after your procedure. It is also helpful to remember that each person is different, so while the guidelines provided will give you a sense of what to expect, full recovery time varies.

Now, all you need to do is print this helpful surgery recovery timeline guide, or download it to your favorite smart device—phone, tablet, etc.—to take with you to each follow-up appointment. And, there is space on each calendar month for you to record your notes.



Total Knee Replacement Preoperative Timeline



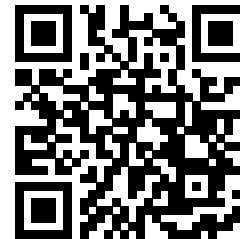
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FOLLOW-UP VISIT 1 DATE: _____

FOLLOW-UP VISIT 2 DATE: _____

FOLLOW-UP VISIT 3 DATE: _____

Scan This QR Code to Schedule a Follow-up Appointment



Key PreOperative Milestones

- Preparation for surgery is key!
- After you and your physician have decided to proceed with surgery, you will generally have 3-4 appointments. Medical Clearance is generally necessary. Plus, PA/PT and Anesthesia meetings to give you very important information on how to prepare.
- Medical Clearance from your primary MD: Your surgeon will let you know what clearances you will need prior to surgery.
- Pre-surgical PA/Surgeon appointment: Generally your surgeon's PA will complete this providing a brief synopsis of what to expect, discuss and send prescriptions to be picked up prior to surgery and answer questions that YOU have prepared.
- Pre-surgical Physical Therapy appointment: Pre-physical therapy can occur on-site at the closest EmmergeOrtho physical therapy facility near you or it can be provided virtually.
- Pre-surgical Anesthesia appointment: This appointment is generally completed at the hospital where you are having surgery.
- All these appointments help assure that you are bringing your best self to the day of surgery. It will help you prepare for a smooth recovery where you are Emerging Stronger, Healthier and Better!

Total Knee Replacement Post-Surgery Recovery: Weeks 1-6



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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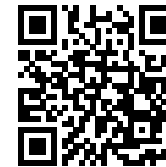
Key Recovery Milestones

- Ice and elevate the knee above your heart when stationary. Ice your knee as much as possible in the first 72 hours. (30 mins on and 30 mins off)
- Limit sitting
- Elevate the leg above the heart while laying down
- Use walker until cleared by your physician/physical therapist
- Practice PT stretches and exercises (gait training focus.)
- Passive Range of Motion (PROM) 1-90 degrees (weeks 0-2)
- Active Range of Motion (AROM) 1-120 degrees (2-6 weeks)
- Physical Therapy is generally 2 times a week for 6 weeks. This is adjusted based on need.
- During your 6 weeks of initial recovery, you will be introduced to: Open-chain progressive exercises such as straight leg raises and sitting knee extensions. You will also be introduced to advanced closed-chain exercises such as squats, lunges and leg presses.

FOLLOW-UP VISIT 1 DATE: _____

FOLLOW-UP VISIT 2 DATE: _____

FOLLOW-UP VISIT 3 DATE: _____



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Total Knee Replacement Post-Surgery Recovery: Weeks 7-12

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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Key Recovery Milestones

- Participate in daily activities, reduced pain.
- Healing knee is close in size to your healthy knee.
- Walk without the aid of a walker or cane.
- Open-chain and advanced closed chain exercises.
- Return to, or start going to, a gym for PT-approved exercises.
- Good quality sleep, 7 to 8 hours a night.
- Limit screen time.
- Exercise daily: 20-30 mins of walking or aerobic activity 5-7 times a week.

FOLLOW-UP VISIT 1 DATE: _____

FOLLOW-UP VISIT 2 DATE: _____

FOLLOW-UP VISIT 3 DATE: _____



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Total Knee Replacement Post-Surgery Recovery: Weeks 13-16



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
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Key Recovery Milestones

- Good quality sleep, 7 to 8 hours a night.
- Limit screen time.
- Exercise daily: 20-30 mins of walking or aerobic activity 5-7 times a week.
- Swelling should be minimal to unnoticeable.
- Strength in the quadriceps of your recovering leg should match your healthy leg.
- Return to competitive activities (once cleared by your physician.)

FOLLOW-UP VISIT 1 DATE: _____

FOLLOW-UP VISIT 2 DATE: _____

FOLLOW-UP VISIT 3 DATE: _____



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Triangle Region

800.359.3053

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