

Nuffield Health Wellbeing Physiotherapy Chester
Guidelines for Physiotherapy Management following BioPoly Knee Implant
 Consultant: Mr Vladimir Bobic, Chester Knee Clinic & Cartilage Repair Centre

The guideline is for the use of Physiotherapists in the rehabilitation of patients following the above procedure & should be used in conjunction with the post-operative instructions from

PRE – OPERATIVE PHYSIOTHERAPY

Timeframe	Rehabilitation	Goals/Advice
Outpatient	All patients attend Pre-admission clinic for assessment and results recorded. The BioPoly Implant exercise booklet is provided.	BioPoly Implant exercise booklet

IN-PATIENT PHYSIOTHERAPY

Timeframe	Rehabilitation	Goals/Advice
In-Patient to discharge	<p><u>Day 0:</u></p> <ul style="list-style-type: none"> • The patient returns from theatre, with single crepe bandage and Cryo/Cuff (applied in theatre or recovery). • Physiotherapy will be carried out 3-4 hours post op if able i.e. pt to stand with ZF, 2 people supervising. If after working hours, nurses will stand patient. <p><u>Day 1:</u></p> <ul style="list-style-type: none"> • Check leg position and heel skin condition. • Active ankle exercise as able • Static quads, static gluteals • Straight leg raise as able • Assisted active knee flexion exercises on re-education board • Active knee flexion exercises on re-education board 	WB and ROM as tolerated Mobilise with elbow crutches 2 point gait Good AROM of knee >75 degrees Independent with transfers Safe on stairs Independent with exercises Quads functioning

Caution:

Any significant increase in pain or reduction in movement discuss with consultant and consider clinic appointment. Post operative symptoms may persist for up to 12 weeks following surgery.

This document is intended as a guide. Each individual patient should be assessed and problem list formulated accordingly. Variance from the normal post operative guidelines should be noted and followed in accordance with the consultants specifications.

This guideline has been approved by: Mr V Bobic

Signed:



Date: 3 June 2012