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**

<table>
<thead>
<tr>
<th>Timeframe</th>
<th>Rehabilitation</th>
<th>Goals/Advice</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Outpatient</strong></td>
<td>All patients attend Pre-admission clinic for assessment and results recorded. The BioPoly Implant exercise booklet is provided.</td>
<td>BioPoly Implant exercise booklet</td>
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**IN-PATIENT PHYSIOTHERAPY**

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| **In-Patient to discharge** | Day 0:  
- 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.  
Day 1:  
- 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 |

Guidelines for Physiotherapy Management following BioPoly Implant  
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Author(s): Claire Lloyd
- Transfer to sitting over the edge of the bed and stand with ZF. Weight bearing as able, with the therapist supporting the operated knee in extension, depending on residual nerve block.
- Mobilize on ZF and progress to elbow crutches 2 point gait if able
- Sit in chair, with knee flexed, short periods
- Stair practice
- Book out-patient physiotherapy 7 days post op
- Discharge if all criteria met (Flex>75 degrees, Quads functioning, safe mobilizing.)

Day 2
- Continue all exercises, consider using CPM if flexion < 60
- Progress mobility, increase distance, practice stairs
- Discharge

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| Outpatient Physiotherapy   | 7 Days post op:  
Review wound  
Assess ROM  
Assess gait – progress onto walking sticks if appropriate  
Assess exercises and progress as appropriate for strengthening, proprioception, stretching, ROM | Knee flexion >90 degrees  
Can return to sedentary work  
Knee flexion >110 degrees |
| Review 7 days post surgery | 3-4 Weeks Post Op:  
As above  
Progress mobility aids as able  
Stationary bike when knee flexion allows-no resistance  
Hydrotherapy when wound healed |
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