



# Clinical Pathway for Total Knee Arthroplasty



**Yi-Sheng Chan M.D.**  
Professor & Chief  
Division of Sports Medicine  
Department of Orthopaedic Surgery  
Chang Gung Memorial Hospital

Chang Gung University, College of Medicine

# Patient data

- Name : \_\_\_\_\_
- Age : \_\_\_\_\_
- Gender : \_\_\_\_\_
- ID : \_\_\_\_\_
- Side: \_\_\_\_\_
- Admission: \_\_\_\_\_
- Doctor : \_\_\_\_\_
- Discharge: \_\_\_\_\_
- ELOS : \_\_\_\_\_
- ALOS : \_\_\_\_\_



# Admission: Pre-OP

- **Assessment**

- Height
- Weight
- Vital signs
- PE

- **Consults**

- OP permit
- Anesthesia
- Nursing Preparation

- **Lab tests**

- CBC, SMA-12, Sugar, AIDS, HBs Ag, HCAB, Blood typing, EKG, CXR, Knee X-ray, U/A, CRP

- **Treatments**

- IV fluid
- Prepare blood
- Skin scrub
- Shaving

- **Medication** : take antibiotics to OR

- **Nutrition**: midnight NPO

- **Education**: TKR course

- **Activity**: free

- **Rehab**: pre-OP instruction

- **Discharge planning**: no



# Day 1: Day of Surgery

- **Assessment**

- Pain
- Vital signs
- Neurovascular function
- Drainage

- **Consult**

- POR care

- **Lab tests: no**

- **Treatments**

- IV fluid
- Ice packing
- Leg elevation

- **Medication**

- Antibiotics
- Oral analgesics
- Parenteral analgesics

- **Nutrition:** normal

- **Education:** TKR course

- **Activity:** free

- **Rehab**

- Quadriceps muscle training
- Knee motion

- **Discharge planning:** no



# Day 2: POD 1

- **Assessment**

- Pain,
- Vital sign
- N-V status
- Hemovac
- Wd' condition
- Stool abdomen
- Urine
- Lung

- **Consult**

- Nursing
- PT

- **Lab tests**

- Hb, Hct, Knee x-ray AP, Lat Merchant

- **Treatments**

- CPM use
- IV fluid
- Ice packing
- Blood transfusion prn
- Walker
- Active & Passive ROM

- **Medications**

- Antibiotics
- Oral analgesics
- Parenteral analgesics

- **Nutrition:** normal

- **Education:** TKR course

- **Activity:** free

- **Rehab**

- Quadriceps muscle training
- Knee motion
- Stand up
- Begin walk with walker
- CPM

- **Discharge planning**

- Home exercise instruction





# Day 3: POD 2

- **Assessment**

- Pain,
- Vital sign
- N-V status
- Hemovac
- Wd' condition
- Stool abdomen
- Urine
- Lung
- gait

- **Consult**

- Nursing

- **Lab tests: no**

- **Treatments**

- CPM use
- IV fluid
- Ice packing
- Walker
- Active & Passive ROM

- **Medications**

- Antibiotics
- Oral analgesics

- **Nutrition: normal**

- **Education: TKR course**

- **Activity: free**

- **Rehab**

- Quadriceps muscle training
- Knee motion
- Straight leg raising
- Stand up
- Begin walk with walker
- CPM
- **Discharge planning**
- Home exercise instruction



# Day 4: POD 3

- **Assessment**

- Pain
- ROM
- Gait
- Wound condition
- Stool abdomen
- Urine
- Lung
- Gait

- **Consult**

- Nursing

- **Lab tests: no**

- **Treatments**

- CPM use
- Ice packing
- Walker
- Active & Passive ROM

- **Medications**

- Oral analgesics

- **Nutrition:** normal

- **Education:** TKR course

- **Activity:** free

- **Rehab**

- Quadriceps muscle training
- Knee motion
- Straight leg raising
- Stand up
- Begin walk with walker
- CPM
- **Discharge planning**
- Home exercise instruction



# Day 5: POD 4

- **Assessment**

- Pain
- ROM
- Gait
- Wound condition
- Stool abdomen
- Urine
- Lung
- Gait

- **Consult**

- Nursing

- **Lab tests: no**

- **Treatments**

- CPM use
- Ice packing
- Active & Passive ROM

- **Medications**

- Oral analgesics

- **Nutrition: normal**

- **Education: TKR course**

- **Activity: free**

- **Rehab**

- Quadriceps muscle training
- Knee motion
- Straight leg raising
- Stand up
- Begin walk with walker
- CPM
- **Discharge planning**
- Home exercise instruction





# Day 6: POD 5

- **Assessment**
  - Pain
  - ROM
  - Gait
  - Wound condition
  - Stool abdomen
  - Urine
  - Lung
  - Gait
- **Consult**
  - Nursing
- **Lab tests: no**
- **Treatments**
  - CPM use
  - Ice packing
  - Active & Passive ROM
- **Medications**
  - Oral analgesics
- **Nutrition: normal**
- **Education: TKR course**
- **Activity: free**
- **Rehab**
  - Quadriceps muscle training
  - Knee motion
  - Straight leg raising
  - Stand up
  - Begin walk with walker
  - CPM
- **Discharge planning**
  - Home exercise instruction



# Day 7: POD 6

- **Assessment**

- Pain
- ROM
- Gait
- Wound condition
- Stool abdomen
- Urine
- Lung
- Gait

- **Consult**

- Nursing

- **Lab tests: no**

- **Treatments**

- CPM use
- Ice packing
- Active & Passive ROM

- **Medications**

- Oral analgesics

- **Nutrition: normal**

- **Education: TKR course**

- **Activity: free**

- **Rehab**

- Quadriceps muscle training
- Knee motion
- Straight leg raising
- Stand up
- Begin walk with walker
- CPM
- **Discharge planning**
- Home exercise instruction

