

# PHYSICAL THERAPY AND RAPID RECOVERY

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# What is it?

- Surgical program promoting same day discharge to home following total joint replacement
  - **Preoperative education**
  - Advanced surgical and pain management techniques
  - **Physical Therapy day of surgery**

# Why?

- Decrease length of stay at hospital
  - Lower financial burden
  - Decreased risk of hospital born infections
- Improve early ROM
  - Better post operative function and independence
  - Decrease utilization of out patient PT
    - Lower financial burden

# Role of Physical Therapy

- Preoperative education
  - Patient and caregiver
  - Home exercises
  - Home set up
  - Use of assistive devices and transfers
- PT in PACU
  - Early ROM, bed mobility and ambulation with assistive device
- Early access to outpatient PT
  - Establish normal ROM, strength and promote function.

# Exercises (TKA)

Straight leg raise



Heel slides



# Exercises (TKA)

Short arc quads



Ankle pumps



# Application

- Evolving research
- Other outpatient surgeries
  - Hip arthroscopy
    - Early ROM – exercise bike day of surgery
  - ACL
    - CPM
    - Partial weight bearing

# Barriers

- Patient support network
- Home set-up
- Medical comorbidities
- Time of surgery
  
- \* Arrange postoperative home PT and or outpatient PT prior to surgery.



# Additional Notes

- Achievement of ROM and ambulation goals early allows outpatient physical therapy to focus on functional independence, exercise and recreation.

# Less Time On Motion = More Time On Function

SRP

RRP



Function

- Stairs
- Cardiovascular endurance
- Muscle strength
- Driving
- Community access
- Golf

# Conclusion

- The rapid recovery approach, when used on appropriate patients, can maximize patient outcomes while minimizing financial burdens on the healthcare system.
  
- Thank you!

# References

- American Academy of Orthopaedic Surgeons. Rapid Recovery Protocol Can Lead to Increased Range of Motion After Total Knee Arthroplasty. Newsroom. [www.aaos.org](http://www.aaos.org) 11/2020.
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- Plessl et. Al. Rapid Versus Standard Recovery Protocol Is Associated With Improved Recovery of Motion 12 Weeks After Total Knee Arthroplasty. J Am Acad of Orthop Surg 2020 Nov 1;28(21): e962-e968.