

MINI-INCISION TOTAL KNEE REPLACEMENT

Post-operative Rehabilitation Information and Guidelines

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The mini incision technique for the Zimmer Nexgen Total Knee Replacement is an exciting step forward in reducing the recovery period following surgery. In the standard operation the incision is about 20 - 25 cm long and the patella is turned over to one side in order to allow access for the instruments required for the operation. This means that there is a long recovery period for the quadriceps muscle that has to be cut in the approach.

In the new Mini-Incision procedure, smaller instruments are used, without compromise to the positioning of the implant. The patella is slid to the side with minimal cutting of the quadriceps thigh muscle. Currently the incision is only 12 – 13 cm and it is usual to go home on Day 4 or 5 following surgery. The first operation was performed on Nov 14th 2003.

Outline of Rehabilitation and Recovery

Pre-op assessment clinic:	Education to gain understanding of the procedure Ensure adequate preparation at home for early discharge
Operative day:	Padded bandage dressing applied Cryo-Cuff with Straight leg splint Elevate leg on pillows or elevate end of bed DVT prophylaxis: Clexane until discharge
Post op Day 1:	Remove drain and reduce dressing Start CPM: range as tolerated Mobilise weight bearing as tolerated: frame or crutches Elevate leg and apply Cryo-Cuff when not exercising
Day 2:	Mobilise with frame or crutches Passive exercises: CPM machine Active exercises: inner range quads and straight leg raising, hamstring contractions Avoid sitting with legs hanging down Check X-ray usually performed
Day 3:	Start using crutches or sticks if independent Stairs training Continue CPM machine
Day 4:	Teach home exercise program Discharge Home
Day 5:	Reserve day for discharge home
After discharge:	Clips to be removed Day 10 Physiotherapy appointment 1- 2 weeks Outpatient Follow-up appointment at 6 - 8 weeks



