

Self Directed Physical Therapy Treatment Protocol V2.0

SELF DIRECTED PHYSICAL THERAPY TREATMENT PROCOTOL Dr. Stephen Kayiaros

POST-OP WEEKS 1 – 6

- Walker or crutches – Weight bearing as tolerated (WBAT)
 - Progress to cane and then remove when able to ambulate comfortably without limp
- Ankle pumping exercise
- Daily walking therapy for at least 15 minutes.
 - Increase duration and frequency as tolerated
- GOAL: Independent walking with or without a cane

Weeks 6 – 9

- Cane as needed, then remove when able to walk comfortably without a limp
- Single leg (stork) standing
- Treadmill and/or walking progression program
- Goal: Walking normally

WEEKS 9 - 12

- Practice sit-to-stand without using hands
- Stair training
- Straight leg raises
- Hip flexor and abductor exercises, both standing and lying down
- GOALS
 - Walk for at least 30 minutes
 - Stand from sitting without use of hands
 - Walk up and down stairs normally

Months 3 - 6

- Resume all activities as tolerated
- Encourage non-impact activities

You will receive a follow up phone call at 2 weeks to check in on your progress. Your first formal follow up visit will be at 4 weeks unless you are experiencing a significant problem and need to be seen sooner. In this case, please contact Dr. Kayiaros.

If you are experiencing an issue, would like to change groups or drop out of the study, please contact Dr. Kayiaros at 732-537-0909 or by email at drkhipandknee@gmail.com

TUG Test

The following Timed Up and Go Test (TUG Test) will be performed by Lauren Stull, PA at your follow up appointment at the office.

The TUG test consists of timing you getting up from a chair, walking 10 feet, and then returning back to the chair.

To contact our physical therapy office with any questions or concerns or to make a follow up appointment please call 732-537-0200.