



Justin Mark LaReau, MD
Hinsdale Orthopaedics Associates

DR. LAREAU Protocol: For Total Knee Replacement

- **IMMOBILIZER:** Knee immobilizer to be worn at night time only (unless noted otherwise) for about 4 weeks post operatively. Ok to take off once at full extension.
- **CPM:** to be used for 2 hours 3x per day until flexion is at 90 degrees
- **ICE:** Ice can be used over the incision to decrease swelling and relieve pain, either polar care or ice pack for 3x/per day for 20 minutes.
- **WEIGHT BEARING:** WBAT unless noted otherwise
- **ROM:** no precautions regarding progression of ROM unless noted otherwise. Avoid squats and lounges.
- **MEDS:** Coumadin managed by PCP or RN at our Hinsdale Office (INR 1.8-2.5 goal) or Xarelto on select patients (10 mg daily for 28 days)
- **TED HOSE:** thigh highs preferred ok to wear knee high if are not staying up/irritating the skin. Can be on during the day and can be off at night when in bed. May be discontinued at 2 weeks post operatively.
- **SHOWERING:** ok to shower after 10 days post operatively only if the incision is dry and sealed. Cover it well and pat it dry after.
- **FOLLOW UP:** 2-3 weeks post op for wound check, if needed suture/staple removal
- **DRIVING:** Driving is allowed at 6 weeks post operatively if surgery was on RLE and at 2 weeks if surgery was on LLE. Driving is only permitted if patient is no longer taking narcotic pain medication.
- Please feel free to call our office with any questions or concerns.
- Contact person: Gretchen Nerison at 630- 920-2364

RANGE OF MOTIONS GOALS

i. EXTENSION

1. 1 week post op: 10-0 degrees
2. 2 weeks post op: 5-0 degrees
3. 4 weeks post op: 0 degrees
4. 6 weeks post op: 0 degrees
5. **** Extensionator brace** will be given in the office if motion is greater than 10 degrees short of extension at 2 weeks and 5 degrees short of full extension at 4-6 weeks post operatively

ii. FLEXION

1. 1 week post op: 90 degrees
2. 2 weeks post op: 100 degrees
3. 4 weeks post op: 110 degrees
4. 6 weeks post op: 120 degrees
5. ****Flexionator brace** will be given in the office if flexion is less than 90 degrees at 4-6 weeks post operatively



1010 EXECUTIVE COURT, SUITE 250
WESTMONT, IL 60559
630.920.2350

DR. LAREAU'S TEAM:
MAGDALENA MALINOWSKA PA-C
GRETCHEN NERISON
DENICE RYLE