

Post-Op Surgeon Referral & Handoff Checklist

For orthopaedic surgeons and their operative teams · Pro Physiotherapy, JP Nagar 8th Phase, Bengaluru 560076 · Sessions from ₹600 · Detailed session receipt provided for patient reimbursement.

Dr J Mazumdar (PT) FIFA Diploma in Sports Medicine Founder & Lead Physiotherapist	Clinic #1216, 24th Main Rd, JP Nagar 8th Phase, Bengaluru 560076	Book / Refer +91 89510 22334 · WhatsApp info@prophysiotherapy.in prophysiotherapy.in
--	--	--

1 · Total Knee Replacement (TKR) — Post-Op Physiotherapy Handoff

- Confirm surgeon protocol: cemented vs uncemented, patellar resurfacing, tourniquet time.
- Confirm weight-bearing status: FWB / PWB / TDWB — day of first physio contact.
- Wound & drain review; note staple/suture removal date and clearance for full ROM work.
- DVT prophylaxis regime: enoxaparin/apixaban duration, ankle-pump protocol.
- ROM milestones: 0–90° by day 7, 0–110° by week 2, 0–120° by week 6. Log daily.
- Quadriceps activation, SLR, VMO training from day 1. Cold therapy + elevation.
- Gait re-education: walker → single stick → unaided by week 6.
- Home safety audit (rugs, thresholds, bathroom grab bars, commode height) before discharge.
- Red flags to escalate: calf swelling / warmth, fever > 38°C, wound drainage, sudden ROM loss.

2 · Anterior Cruciate Ligament (ACL) Reconstruction — Post-Op Physiotherapy Handoff

- Graft type confirmation (BPTB, hamstring, quadriceps, allograft) — governs early loading.
- Concomitant procedures (meniscal repair vs meniscectomy, MCL, cartilage) — modifies bracing & WB.
- Brace prescription: locked 0° for 2 weeks (if meniscal repair), unlocked otherwise.
- Weight-bearing: WBAT with crutches; progress off crutches by 2–4 weeks if quad control ≥ Grade 3.
- ROM: extension = 0° by week 1 (non-negotiable), flexion 90° by week 2, 120° by week 6.
- Quads Grade 4 by week 6, closed-kinetic-chain training weeks 2–12, no open-chain flex/ext until week 12.
- Return-to-run at 12 weeks IF quads limb symmetry index ≥ 80% + no effusion.
- Return-to-sport testing at 6–9 months: hop tests, Y-balance, IKDC, psychological readiness (ACL-RSI).
- Red flags: extension loss > 5°, hemarthrosis, persistent effusion, giving-way — escalate to surgeon.

3 · Total Hip Replacement (THR) — Post-Op Physiotherapy Handoff

- Approach used (anterior / posterior / anterolateral) — governs precautions.
- Posterior approach precautions: no flexion > 90°, no adduction past midline, no internal rotation, for 6 weeks.
- Anterior approach precautions: avoid combined extension + external rotation + adduction, for 6 weeks.
- Weight-bearing status (FWB most cemented; PWB uncemented for 6 weeks).
- DVT prophylaxis regime; leg-length discrepancy check documented.
- Bed transfer training, log-roll, safe sitting height (raised toilet seat, firm chairs).
- Progressive hip abduction / extension strengthening from week 2 onwards.
- Gait re-education: walker → single stick → unaided by week 6–8.

■ Red flags: sudden groin/thigh pain, shortening of the limb, external rotation of the foot at rest — suspect dislocation, escalate immediately.

4 · Handoff Communication — What Pro Physiotherapy Will Send You

- Baseline assessment report within 24 hours of first home / clinic visit.
- Fortnightly progress notes with ROM, MMT, VAS, functional outcome scores (KOOS / IKDC / HOOS / OKS as applicable).
- Same-day WhatsApp alert on any red-flag finding.
- Detailed session receipt with ICD-10 / CPT codes issued for every visit — patient submits for insurance reimbursement.
- End-of-programme summary letter for your OPD follow-up.

To refer a post-op patient: WhatsApp / call +91 89510 22334, or email info@prophysiotherapy.in with the OT note. We start home-visit or clinic rehab within 24 hours of discharge across JP Nagar, Jayanagar, BTM Layout, Gottigere, Basavanagudi, Bannerghatta Road and Kanakapura Road. Sessions from ■600. Detailed session receipt issued for patient reimbursement (Star Health, HDFC ERGO, ICICI Lombard, Care Health, Aditya Birla, Manipal Cigna, Bajaj Allianz, Niva Bupa).