

TKR Post-acute Rehab Questionnaire

Name: _____ Surgery date: _____ Rehab clinic: _____

I started rehab on: _____ I finished rehab on: _____

Reflect on your knee replacement rehab and check each quality indicator activity that was done. Check if your therapist used a [standardized tool/approach](#) to assess you [at the start & before the end of your program](#) (i.e., at least twice).

Assessments: Did my therapist...	Start	End
QI-1: Assess level of pain in my surgical knee (Example: 0 to 10 rating scale)	☐	☐
QI-2: Examine my knees, legs and low back and record <u>all of the following</u> : - How I walk and use walking aids (Example: watch me walk with crutches, cane) - My posture when standing and how straight my legs are - How far I can move my knees and hips on both sides (using a goniometer) - If any muscles in my legs have shortened or are less flexible - How strong my leg muscles are on both sides, especially muscles on front of thigh (quads) and move my hips sideways (abductors) (Example: push against their hand) - My balance when standing still (static) and walking (dynamic) - Swelling in my operated knee (Example: measure my knee circumference)	☐	☐
QI-3: Assess how easy or hard it is to do my usual activities using a questionnaire or form (Examples: bathing, dressing, cooking, household chores, yard work)	☐	☐
QI-4: Assess how well I can do at least <u>at least one</u> of the following: ☐ climb up/down stairs ☐ stand up/sit down on chair for 30-secs ☐ timed up and go test ☐ walk at normal or fast speed (time how long I take) ☐ walk for 6 minutes	☐	☐
QI-5: Assess my ability to do activities that are important to me such as caregiving, paid/unpaid work, leisure and sports using a questionnaire or form	☐	☐
QI-6a: Ask about how active I am (including how much time I spend sitting or resting) (Example: how many times a week do I go for a walk) (can be done once)	☐	
QI-6b: Tell me about the benefits of exercise and provide guidance on how to stay active including where to find resources online and in my community (can be done once)	☐	
QI-7: Assess my quality of life including questions about how my knee replacement affects my health, comfort, social life and happiness using a questionnaire or form	☐	☐

Interventions (treatment): Check each item that was done	Yes
QI-8: After my knee replacement, did my rehab or exercise program include the following? • Met my individual needs (Example: designed to meet my goals) • Was supervised by a physiotherapist or rehabilitation assistant with joint replacement experience • Was at the appropriate level for me (Example: difficulty of exercise) • Was regularly progressed (Example: made harder as I got stronger) • Lasted at least 6 weeks (from time of initial assessment to discharge from program) • Included a way to record my attendance or track my exercises in an activity log or journal	☐ ☐ ☐ ☐ ☐ ☐
QI-9: Did my rehab program include the following treatments? • Ways to manage my surgical knee pain other than with medications (e.g., cold packs) • Range of motion exercises to move my knees in each direction • Leg strengthening exercises (using my own body weight, bands, machines) • Balance training when standing still (Example: standing & reaching forward, turning my head) <u>and</u> when walking or moving around (Example: stepping side to side, over objects) • Posture and core strengthening exercises (Example: tightening lower tummy muscles) • Walking (gait) training (Examples: using a cane, walking at different speeds or on slopes) • Everyday (functional) exercises (Examples: climbing stairs, rising from chair and floor) • A home exercise program with instructions and pictures (Examples: booklet, website)	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

	Yes
QI-10: At the end of my supervised rehab, did a member of my healthcare team have me fill out or send me a questionnaire asking about my rehab experience and how satisfied I was with the results of my surgery and rehab?	☐

Notes and reflections about rehab after my knee replacement. Do I still have questions I'd like to ask my physiotherapist?