

TKR Post-acute Rehab Checklist

Name _____ Health # _____

Surgery date _____ AD date _____ DC date _____

Assessments: Check each item where you used a standardized tool or approach and did so at least twice (e.g., at baseline and before discharge)	Start	End
QI-1: Assess surgical knee pain level (e.g., 0 to 10 scale, KOOS or OKS subscale)	☐	☐
QI-2: Perform physical examination (all should be included):		
• gait and use of walking aids (e.g., symmetry, step length, use of crutches)	☐	☐
• standing posture and lower limb alignment (e.g., pelvic alignment)	☐	☐
• bilateral lower limb ROM (minimum of knees, both active & passive)	☐	☐
• bilateral lower limb flexibility/contractures (e.g., Thomas Test, hamstring length)	☐	☐
• bilateral lower limb strength (include quads, hams, hip extensors & abductors)	☐	☐
• static and dynamic balance (e.g., single leg stand, lateral stepping, Berg Balance)	☐	☐
• surgical knee effusion (e.g., measure girth)	☐	☐
QI-3: Assess self-reported physical function Tool:	☐	☐
QI-4: Assess performance-based function (at least one of the following):	☐	☐
☐ stair climb test ☐ 30-sec chair stand test ☐ self-paced or fast walking speed		
QI-5: Assess participation (e.g., care-giving, paid/unpaid work, leisure) Tool:	☐	☐
QI-6a: Assess physical activity level and sedentary behaviour (e.g., PA vital signs) (can do once)	☐	
QI-6b: Provide education on benefits of physical activity <u>and</u> tailored guidance and support on resuming physically active lifestyle (can do once)	☐	
QI-7: Assess health-related quality of life Tool:	☐	☐

Interventions: Check 'yes' if you provided the interventions	Yes
QI-8: Provide physiotherapy that is (all should be included):	
• individualized to the patient's functional needs	☐
• supervised by a physiotherapist or rehabilitation assistant under physiotherapist guidance	☐
• appropriately dosed (e.g., intensity, frequency)	☐
• regularly progressed (e.g., based on RPE, reps in reserve, 10RM)	☐
• at least 6 weeks in duration (e.g., from initial assessment to discharge)	☐
• monitored for adherence (e.g., exercise log, wearable device)	☐
QI-9: AND includes ALL of the following components:	
• pain management strategies	☐
• active knee ROM	☐
• progressive resistance training for lower limb muscles	☐
• static and dynamic balance training (e.g., tandem stance/walking, side stepping, obstacle course)	☐
• postural and core stability training	☐
• gait training (include use of walking aids, walking on different surfaces, inclines)	☐
• functional exercises (e.g., stair climbing, rising/lowering to chair and floor)	☐
• a home exercise program (e.g., printed exercise sheet, App with exercises)	☐
QI-10: Assess the patient's rehab experience and satisfaction with rehabilitation process and outcomes of care using a standardized tool (e.g., send link to questionnaire)	☐