Outpatient Physiotherapy
TOTAL KNEE ARTHROPLASTY / TOTAL HIP ARTHROPLASTY
FLOWSHEET

- Joint Infusion Study (Fast Track)
- Early CCAC
- Regular CCAC
- No CCAC
- Rehab Hospital
- Nursing Home
- Convalescent Care

Surgery Date: (YYYY/MM/DD) ________________________________
Inpatient Discharge Date: (YYYY/MM/DD) ________________________________
Sex:  □ Female  □ Male
Number of CCAC Patient Visits: ___________________________
Number of Co-morbidities: ____________________________________
(obtain information from patient)
(obtain information from co-morbidities questionnaire)

**KEY:**
- WBAT = Weight Bearing as Tolerated
- TKA: Total Knee Arthroplasty
- THA = Total Hip Arthroplasty

<table>
<thead>
<tr>
<th>Date: (YYYY/MM/DD)</th>
<th>Initial Assessment</th>
<th>4 weeks Postop</th>
<th>6 weeks Postop</th>
<th>9 weeks Postop</th>
<th>Discharge</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>WBAT</td>
<td>50%</td>
<td>Other</td>
<td>WBAT</td>
<td>50%</td>
</tr>
</tbody>
</table>

- Weight Bearing Status
- Numeric Pain Rating Scale (NPRS) (0 - 10)
- Lower Extremity Functional Score (LEFS) (out of 80)

- Patient did not identify additional activities
- Patient Specific Functional Scale
  1. _______________________________________________
  2. _______________________________________________
  3. _______________________________________________
(Please use separate sheet for additional concerns.)

- Timed Up & Go Test
  (in seconds)
- AAROM (extension-flexion, TKA only)
  (Measured supine, extension with heel on roll)
- Quads Lag (TKA only)
  (Quads over roll)
- Trendelenberg Sign (THA only)
  (Yes / No)

- Gait Aid Use
  □ Standard Walker
  □ Wheeled Walker
  □ Crutches 1, 2
  □ Cane
  □ None

- Comments

Signature

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