



**Innovations in Knee Arthroplasty:
State of the art in Surgery and
Rehabilitation**

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Disclosure

- Dr. Jennings has the following disclosures:
 - Consultation
 - Total Joint Orthopedics
 - Xenex
 - Research support
 - Porter Adventist Hospital
 - DePuy
 - Zimmer
- Drs. Kittelson, Stevens-Lapsley, and Bade have nothing to disclose

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Learning Objectives

- Identify best practice and evidence to support the management of patients after total joint replacement.
- Understand key surgical factors that influence post-operative rehabilitation and how to effectively communicate with your patient's surgical team.
- Leverage health systems data to anticipate patient trajectories of recovery and resource utilization.
- Incorporate clinically effective treatments for some of the most common post-operative complications, including persistent muscle weakness, movement asymmetries, and lower extremity edema

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Content Slides

5 min: Introduction and overview of current evidence supporting use of rehabilitation after total knee arthroplasty. (Jennifer Stevens-Lapsley, PT, PhD)

40 min: Discuss key surgical factors and pain management strategies that influence post-operative rehabilitation. Provide recommendations for when and how to effectively communicate with your patient's surgical team. (Jason Jennings, MD, PT)

20 min: Provide examples of how to leverage health systems data to predict patient recovery trajectories and individualize care, while reducing costs (Andrew Kittelson, PT, PhD)

40 min: Discuss optimal management in the early post-operative phase. Discuss the application of neuromuscular electrical stimulation, high intensity strength training, movement pattern retraining, and lower extremity edema management strategies (Jennifer Stevens-Lapsley, PT, PhD, Michael Bade, PT, PhD)

15 min: Question & Answer

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