
Objectives and Program Schedule

MedBridge Education

Knee Arthroplasty: Increasing Range of Motion

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Course Objectives:

Upon completion of this course, learners will be able to:

1. Describe the history of knee arthroplasty
2. Discuss the statistical data surrounding knee arthroplasty
3. Compare and contrast how knee arthroplasty has been performed in the past versus today
4. Outline the indications of minimally invasive versus traditional knee arthroplasty surgery
5. Identify the knee bearing surfaces, specifically mobile-bearing versus fixed-bearing
6. Describe the phases of postoperative rehabilitation
7. Implement range of motion rehabilitation techniques for all clinical settings
8. Utilize continuous passive motion and neuromuscular electrical stimulation in the rehabilitation program
9. Describe the return to function process after knee arthroplasty

Chapter 1: Introduction to the Knee

Nearly 500,000 people in the US annually need a knee arthroplasty. Through a demonstration with a postoperative total knee arthroplasty patient, Dr. O'Halloran shares common manual therapies for knee rehabilitation.

Chapter 2: Surgical Procedures

In this chapter, Dr. O'Halloran provides an overview of the history of knee arthroplasty and examines different surgical techniques, such as minimally invasive versus traditional arthroplasty and mobile-bearing versus fixed-bearing. Other techniques, including unicompartmental surgery and computer-assisted surgery, are reviewed.

Chapter 3: Functional Balance and Range of Motion

Restoring functional balance and range of motion following knee arthroplasty is critical for successful patient rehabilitation. Using multiple patient videos, Dr. O'Halloran outlines the phases of postoperative rehabilitation, how to implement range of motion rehab techniques, and when to utilize continuous passive movement and neuromuscular electrical stimulation.

Chapter 4: Rehabilitation Recommendations

Dr. O'Halloran describes the return to function process after knee arthroplasty, including appropriate activities and when to partake in them.