Effect of Rapid Recovery Protocol After Total Knee Arthroplasty on Knee Range of Motion

Rapid recovery protocol (RRP) after total knee arthroplasty (TKA) reduces cost and risks

But, the effect of RRP vs. standard recovery protocol (SRP) on postoperative knee ROM is not clear

Review of medical charts of patients who underwent primary TKA (N = 323)

SRP (n = 129)  RRP (n = 194)

Knee ROM assessed

Preoperatively

Postoperatively for 1 year

Hospital length of stay

>2 days  <1 day

Probability of knee flexion ≥120°

Within >26 weeks  Within <12 weeks

Probability of knee flexion contracture ≤10°

Within >26 weeks  Within <12 weeks

RRP can improve knee ROM after TKA, but more data are needed on pain and functional status of the knee