

Jason K. Lowry, MD FAAOS

FL2145921
T0188705

www.jasonlowrymd.com
www.arlingtonortho.com



ARLINGTON ORTHOPEDIC
ASSOCIATES, P.A.

LIFE IN FULL MOTION

Arlington Orthopedic Associates

800 Orthopedic Way
Arlington, TX 76015
p: (817) 375-5200
f: (817) 299-1789

2801 East Broad St
Mansfield, TX 76063

2001 N. MacArthur Blvd
Ste 630
Irving, TX 75061

Dr. Lowry's Instructions for Home Health Agencies

PATIENT:

DATE:

PROCEDURE(S):

DX(S):

1. I appreciate & expect open lines of communication between your facility's providers & my office.
 - a. Please call my office when my patients are seen for their initial intake to review/clarify the following instructions with my Medical Assistant. THIS IS A REQUIREMENT. NO EXCEPTIONS.
 - b. I expect the initial intake to be PRIOR to the surgery date for all elective pts. This will be coordinated through our pre-op joint education seminars at the hospital.
 - c. All rehab protocols are available online.
 - d. Knee pts:
 - PT 4x/wk x 3wks (or when meet protocol reqs to transition to outpt)
 - SN BIW x 2wks
 - e. Hip pts:
 - SN BIW x 2wks
 - PT 3x/wk x 3wks (or when meet protocol reqs to transition to outpt)
2. DVT Prophylaxis: safe, frequent mobilization of the patient is the most important factor for prevention
 - a. ECASA 81mg PO BID x 30 days
 - i. Higher risk pts: Xarelto 10mg QD or Lovenox 40mg SQ QDay x 30 days (based on CrCL)
 - b. Knee-high TED Hose to bilateral LEs x 4wks (portable SCDs to bilateral LEs may be added once available in the future).
3. Bone Health: all of my patients will be on Calcium & Vit D.
 - a. Calcium w/ D 500 SIG: T PO TID x 90 Days

Dr. Jason K. Lowry, MD FAAOS, 1

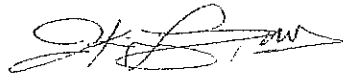
- b. Vit D3 5,000 IUs SIG: T PO Qwk x 6wks
 - c. All geriatric frx patients should have a "Bone Health Optimization Plan" to include:
 - a. Prescribed Prolia or Forteo for frx prevention
 - b. Schedule out-patient DEXA/Bone Density study
 - c. Please coordinate this with primary care
4. Dressings:
- a. For THAs, Hip Hemi-arthroplasties or TKAs: the Aquacel dressing is to NOT be changed until 14 days post-op in my office. This is water-proof & pts can shower with it on (but no baths). Call the office if: >60% saturated or the silicone seal is broken. ** Hip patients should wear spandex-type bike shorts for two weeks to help with compression around the hip. **
 - b. For Hip frx or Distal Femur frx patients treated with an IMN, there are generally two medium-sized incisions about the hip or knee with various smaller incisions about the hip or knee. QOD changes or with each shower/bath: apply thin layer of triple ABX ointment to each incision, folded sterile 4x4 & a TEGADERM. Incisions are to be covered x 2 wks after surgery.
 - c. As a general rule, knee replacement pts will have staples to remove in 2 wks in my office. Hip pts will have absorbable sutures within the subQ with an overlying dermal sealant, thus there will be no sutures to remove.
5. Activity: Weight-bearing status will be tailored to each frx patient. Below are my general rules:
- a. Primary TKAs/THAs, Hip Hemis for Frx: WBAT with walker
 - b. IMNs, Hip Perc Screws, Revision TKA or THA: TDWB with walker for 8wks
 - c. Anterior hip precautions for all THA & Hip Hemiarthroplasty patients x 6wks
 - d. Exceptions to this will be clearly defined. ***Rehab protocols can be found online***
6. My patients' discharged to home & transition to Home Health Skilled Nursing/PT/OT:
- a. PCP followup within 30 days
 - b. "Bone Health Optimization Plan" (see above)
7. Clinic appointment: generally 14 days after date of surgery, unless otherwise specified. Please call & confirm this appointment with my clinic. The patients will have XRays performed at my office. I do NOT want portable films performed prior to their visit.

Satisfaction surveys are obtained from all patients detailing their experience with your providers.

Failure to comply with these instructions or to communicate with my office as outlined will result in lost referrals to your agency.

If you have any other questions or concerns please call my clinic.

Sincerely,



Dr. Jason K. Lowry, MD FAAOS,2

Jason K. Lowry, MD FAAOS

FL2145921
T0188705

www.jasonlowrymd.com
www.arlingtonortho.com



ARLINGTON ORTHOPEDIC
ASSOCIATES, P.A.

LIFE IN FULL MOTION

Arlington Orthopedic Associates

800 Orthopedic Way
Arlington, TX 76015
p: (817) 375-5200
f: (817) 299-1789

2801 East Broad St
Mansfield, TX 76063

2001 N. MacArthur Blvd
Ste 630

Irving, TX 75061

Dr. Lowry's Post-Op Instructions
Total Knee Arthroplasty

1. To decrease the risk of a blood clot, you will be prescribed the following:
 - a. ECASA 81mg T PO BID Qday x 4 wks. If you are at higher risk, then you will be given either Xarelto or Lovenox.
 - b. Knee-high compression hose x 4 wks.
2. To improve your bone health, you will be prescribed Vitamin D3 & Calcium.
3. Dressings: leave the aquacel dressing on (it's waterproof); it will be removed in my office at your first appointment in two weeks. Call if: >60% drainage OR the silicone seal is broken on the aquacel dressing. No bathing or swimming for 4 wks after surgery. The drain site dressing will need to be changed each time you shower. Immediately dab your incision dry, apply a thin layer of Neosporin ointment, place a new bandage & replace the compression stockings.
4. You will also have a "cryo cuff" or "polar care" placed over your dressings. This is a device that circulates cold water around the knee to keep down the initial swelling after surgery. Your nurse will instruct you & your family on how to properly use it. **NEVER PLACE IT DIRECTLY ONTO YOUR SKIN. THIS WILL CAUSE BURNS.** If you are not given one of these devices, then simply apply two properly sealed ice packs to your knee for 72 hours after your surgery.
5. Use your crutches or walker with full weight on your leg. You will not hurt your new knee by walking on your leg.
6. Most patients have Home Health Nursing & Physical Therapy arranged for discharge home. The Home Health PT will be intense: 4-5x/wk x 2 wks, then 3x/wk x 1wk. You will then start out-patient PT under my direction for the next 8 wks. However, you may require either a formal transfer to an inpatient rehab hospital or skilled nursing facility. Your Physical Therapist will determine this during your hospital stay & your Case Manager will work with you & your family to find the best facility & agency that meets all of your needs, per my recommendations.
7. Gaining full extension of your knee is critical right after your surgery. **PLEASE AVOID PLACING ANY PILLOW UNDER YOUR KNEE.** A pillow under your knee may feel better, BUT it comes at a cost: you can lose extension, develop a flexion contracture & may need either a manipulation or another surgery.
8. Please make an appointment within 14 days after your surgery.

If you have any other questions or concerns please call my clinic.

Sincerely,

Dr. Jason K. Lowry, MD FAAOS, 1

Jason K. Lowry, MD FAAOS

FL2145921
T0188705

www.jasonlowrymd.com
www.arlingtonortho.com



ARLINGTON ORTHOPEDIC
ASSOCIATES, P.A.

LIFE IN FULL MOTION

Arlington Orthopedic Associates

800 Orthopedic Way
Arlington, TX 76015
p: (817) 375-5200
f: (817) 299-1789

2801 East Broad St
Mansfield, TX 76063

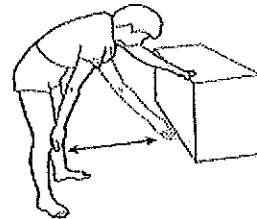
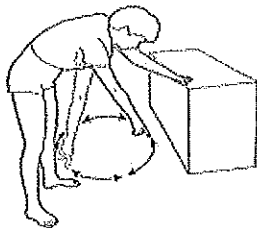
2001 N. MacArthur Blvd
Ste 630
Irving, TX 75061

DATE:

Dr. Lowry's Post-Op Instructions

Left/Right Shoulder:

- Total Shoulder Replacement
 - Reverse Shoulder Replacement
 - Hemiarthroplasty (Partial Replacement) or Hemicap
1. Dressings: leave the aquacel dressing on (it's waterproof); it will be removed in my office at your first appointment in two weeks. Call if: >60% drainage OR the silicone seal is broken on the aquacel dressing. No bathing for 4 wks after surgery. The drain site dressing will need to be changed each time you shower. Immediately dab your incision dry, apply a thin layer of Neosporin ointment, place a new bandage.
 2. Wear the cold cuff for 72 hours. Be sure to remove it at least three times for at least 30 minute intervals. Also, ask you nurse after surgery about instructions using it. If you are NOT given one of these devices, apply a well-sealed ice pack to your shoulder.
 3. Stay in your sling at all times other than showering. You need to perform active motion of your elbow, wrist & hand out of the sling at least twice a day. Sling x 6 weeks.
 4. Staples, if present, should be removed in 14 days and steri strips (without mastisol) placed in my office. You may have absorbable suture placed under the skin with skin glue/sealant that will NOT need to be removed.
 5. You will be given a follow-up with Physical Therapy after your first clinic visit. Below are the only exercises I want you to do (out of your sling) at home after the surgery.



If you have any other questions or concerns please call my clinic.

Sincerely,

Dr. Jason K. Lowry, MD FAAOS, 1

Jason K. Lowry, MD FAAOS

FL2145921
T0188705

www.jasonlowrymd.com
www.arlingtonortho.com



ARLINGTON ORTHOPEDIC
ASSOCIATES, P.A.

LIFE IN FULL MOTION

Arlington Orthopedic Associates

800 Orthopedic Way
Arlington, TX 76015
p: (817) 375-5200
f: (817) 299-1789

2801 East Broad St
Mansfield, TX 76063

2001 N. MacArthur Blvd
Ste 630
Irving, TX 75061

Dr. Lowry's Post-Op Instructions

TOTAL HIP ARTHROPLASTY - LATERAL or POSTERIOR APPROACH

1. To decrease the risk of a blood clot, you will be prescribed:
 - a. ECASA 81mg T PO BID Qday x 4 wks. If you are at higher risk, then you will be given either Xarelto or Lovenox.
 - b. Knee-high compression hose x 4 wks
2. To improve your bone strength, you will be prescribed Vitamin D & Calcium.
3. Dressings: leave the aquacel dressing on (it's waterproof); it will be removed in my office at your first appointment in two weeks. Call if: >60% drainage OR the silicone seal is broken on the aquacel dressing. No bathing or swimming for 4 wks after surgery. The drain site dressing will need to be changed each time you shower. Immediately dab your incision dry, apply a thin layer of Neosporin ointment, place a new bandage & replace the compression stockings. Wear a pair of spandex bike shorts. This will help keep your incision compressed & less likely to develop a hematoma (fluid collection that could cause wound complications or an infection).
4. Use your walker x 4 weeks. It is very important for your balance & protecting your new hip. . **If I am concerned about weak bone OR you have a fracture during surgery, then I may change your weight-bearing status accordingly** You will transition to a cane per your therapist's instruction.
5. Your Physical Therapists will educate you on the proper "safe positions" to decrease the risk of dislocation. These are to be followed for at least 3 months after your surgery.
6. You may be given an "abduction pillow" after surgery. This is to be worn in bed x 4 weeks.
7. Most patients have Home Health Nursing & Physical Therapy arranged for discharge home. However, you may require either a formal transfer to an inpatient rehab hospital or skilled nursing facility. Your Physical Therapist will determine this during your hospital stay & your case manager (Social Worker) will work with you & your family to find the best facility & agency that meets all of your needs, per my recommendations.
8. Please make an appointment within 14 days after your surgery.

If you have any other questions or concerns please call my clinic.

Sincerely,

Dr. Jason K. Lowry, MD FAAOS, 1

Jason K. Lowry, MD FAAOS

FL2145921
T0188705

www.jasonlowrymd.com
www.arlingtonortho.com



ARLINGTON ORTHOPEDIC
ASSOCIATES, P.A.

LIFE IN FULL MOTION

Arlington Orthopedic Associates

800 Orthopedic Way
Arlington, TX 76015
p: (817) 375-5200
f: (817) 299-1789

2801 East Broad St
Mansfield, TX 76063

2001 N. MacArthur Blvd
Ste 630
Irving, TX 75061

DATE:

TOTAL HIP REVISION: LATERAL or POSTERIOR APPROACH

Last Revised: MAR 2015

ACETABULUM
FEMUR
BOTH

Patient:

1. To decrease the risk of a blood clot, you will be given compression stockings & prescribed:
 - A. ASA 81mg T PO Q12hrs x 4 wks
 - B. Knee-high compression hose x 4 wks
 - C. If you are at higher risk, then you will be given either a daily Xarelto or Lovenox x 4 wks
2. To improve your bone strength, you will be prescribed Vitamin D & Calcium supplements.
3. Dressings: leave the Aquacel dressing on (it's waterproof); it will be removed in my office at your first appointment in two weeks. Call if: >60% drainage OR the silicone seal is broken on the Aquacel dressing. Do not submerge your hip incision x 4 wks after surgery. The drain site dressing will need to be changed each time you shower. Immediately dab your incision dry, apply a thin layer of Neosporin ointment, then place a new band-aide.
4. Incision: If I feel that sutures or staples are more appropriate to close your incision, these will need to be removed in two weeks. Otherwise, sutures under the skin & "dermabond" (skin glue) are used & there will be nothing to remove.
5. Wear a pair of spandex bike shorts x 3 wks. This will help keep your incision compressed & less likely to develop a hematoma (fluid collection that could cause wound complications or an infection).
6. Use your walker for at least 6 weeks. It is very important for your balance & protecting your new hip. **If I am concerned about weak bone OR you have a fracture during surgery, then I will change your weight-bearing status & the duration of your walker use accordingly**

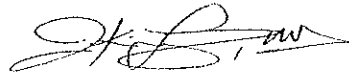
Weight Bearing: ___ Toe-Touch ___ 50% ___ Full Duration: ___ 6wks ___ 8wks ___ 12wks

7. Your Physical Therapists will educate you on the proper "safe positions" to decrease the risk of dislocation. These are to be followed for at least 3 months after your surgery.
8. You may be given an "abduction pillow" after surgery. This is to be worn while in bed x 4 weeks.

Dr. Jason K. Lowry, MD FAAOS, 1

9. If there are concerns for dislocation of your new hip, then an "Abduction Hip Orthotic" will be custom-fitted for you & you will wear this for a minimum of 8-10 weeks.
10. You may require transfer to an inpatient rehab hospital or a skilled nursing facility. Your Physical Therapist will determine this during your hospital stay. Your Case Manager (Social Worker) will work with you & your family to find the best facility that meets all of your needs.
11. Please make an appointment to see me in 14 days after your surgery.

If you have any other questions or concerns please call my clinic.

A handwritten signature in black ink, appearing to read "J. Lowry", with a stylized flourish at the end.

Dr. Jason K. Lowry, MD FAAOS

Jason K. Lowry, MD

FAAOS

FL2145921

T0188705



ARLINGTON ORTHOPEDIC
ASSOCIATES, P.A.

LIFE IN FULL MOTION

800 Orthopedic Way

Arlington, TX 76015

p: (817) 375-5200

f: (817) 299-1789

2801 East Broad St

Mansfield, TX

76063 2001 N. MacArthur Blvd

Ste 630

Irving, TX 75061

<http://www.jasonlowrymd.com/>

<http://www.arlingtonortho.com/>

TOTAL & REVERSE TOTAL SHOULDER ARTHROPLASTY REHAB PROTOCOL

Introduction

- **Goal:** Regain shoulder AROM, ADLs
- Because the SUBSCAPULARIS tendon is taken down and then repaired, EXTERNAL ROTATION is limited to neutral X 4 WKS. *Most common cause of failure after TSA is loss of fixation of the subscapularis repair.
- SLING X 3-4 WKS ONLY
- There is no limit to FORWARD ELEVATION, ABDUCTION OR INTERNAL ROTATION: therefore, encourage AROM/AAROM right away (DELTOID)
- Full recovery takes 6 to 12 months

Phase I (0 to 6 Days)

- Active assisted ROM with pulleys for forward elevation (FE).
- Passive ROM FE, IR.
- Pendulum exercises.
- Elbow, wrist, and finger ROM exercise.
- Educate patient on the above exercises for home.

Phase II (7 to 20 Days)

- Add shoulder extension exercises.
- Begin assisted IR exercises behind back.
- POD #14 - Add isometric exercises for ER, and ABD.
- Continue pulley FE exercises.

Phase III (3 to 6 Weeks)

- Add ER exercise. Limit ER to 30 degrees.

Phase IV (6 to 12 Weeks)

- Work to gain full ROM.
- ER with resistance. Full ER permitted.
- Rotator cuff, deltoid, and subscapularis strengthening.
- Discontinue sling.

Phase V (3 to 6 Months)

- Establish a home program so patient continues PT until at least 6 month post op.
- Work on focal deficits.

A handwritten signature in purple ink, appearing to read 'J. K. Lowry, MD', with a stylized flourish at the end.

Jason K. Lowry, MD