

Total Knee Arthroplasty Rehab Protocol

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Phase | Weight Bearing | Brace | ROM | Therapeutic Exercise |
| Phase I  Weeks 0-2 | Weight bearing as tolerated (unless otherwise indicated)  Walker for stability | Long leg immobilizer with ambulation  Discontinue when able to perform 10 SLRs without extension lag and AROM 0° extension | Extension 0°  Flexion 90°  CPM 6hrs/day in 2 hour increments increasing flexion 5° /day | Quad stretch, hamstring stretch with heel prop, gastroc/soleus stretch, recumbent bike, ankle pumps, quad sets with heel prop (with or without NMES), hip abd/add long sitting, weight shifts all planes, assisted SLS, TKE  **No SLRs, LAQs or seated resisted knee extensions** |
| Phase II  Weeks 2-4 | Full weight bearing  Progress to cane or no device | None | Extension 0°  Flexion 120°-140° | Resisted hamstring curls bilateral and unilatearl, leg press bilateral and unilateral (10-65), multi-hip machine bilateral abduction and extension, progressive step ups fwd/lat, mini squats with UE assistance, standing heel raises, wall slides, continue stretching |
| Phase III  Weeks 4+ | Full weight bearing without device | None | Full, pain free AROM | Progress advanced closed chain strengthening, advanced balance activities on single leg with foam/perturbations, narrow stance, multi-joint functional movements (i.e. mini squat and lift medicine ball, ambulatory directional changes) |