



# ADVANCED ORTHOPAEDIC SPECIALISTS

## 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 if indicated  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 if indicated	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 <b>No SLRs, LAQs or seated resisted knee extensions</b>
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 unilateral, 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)