

Total Knee Arthroplasty Rehab Protocol

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| Phase | Weight Bearing | Brace | ROM | Therapeutic Exercise |
| Phase IWeeks 0-2 | Weight bearing as tolerated (unless otherwise indicated)Walker for stability | Long leg immobilizer with ambulationDiscontinue 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 IIWeeks 2-4 | Full weight bearingProgress 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 IIIWeeks 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) |