

Rehabilitation Protocol: Total Knee Replacement

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (WEEK 0 to 4)

- GOALS:
 - Progressive reduction in swelling
 - Active ROM 0-120 Degrees (knee straight to knees over toes)
 - Knee Extension Strength \geq 4/5
 - Independent straight leg raise without extensor lag
 - Independent with ambulation using least restrictive device

- ACTIVITIES:
 - Patellar Mobilizations
 - Modalities for pain control
 - Limb elevation as needed
 - Gait/stair training - Wean Devices
 - Stretching - Add as needed
 - Extension: If appropriate - Prone Knee extension (w/ or w/o overpressure), Prone Quad Set
 - Flexion: Seated knee dangle, prone knee flexion stretch with strap/hand, hook-lying wall slide (w/ or w/o overpressure)
 - Stationary bike when knee flexion $>$ 90 degrees
 - Strengthening/Proprioceptive Exercises
 - Add SLR (Therapist assist - if needed)
 - Short arc quads supine, supine hip flexion, Squats with assist as needed
 - **Prioritize stretching - No post-op stiffness**

Phase II (Week 4 to 8)

- GOALS:
 - Swelling $<$ 2cm of contralateral limb
 - Pain free with activities of daily living
 - AROM: Symmetrical to contralateral limb
 - Quadriceps Index 85%
 - Independent with ambulation (No Device)

- ACTIVITIES:
 - Continue Stretching
 - Continue Open Chain long arc quads, knee flexion
 - Advance Closed Chain Exercises
 - Bilateral squats, partial split squats, single limb balance, step-ups (6-8inch), banded walks, leg press, and lunges
 - Add core strengthening and aerobic conditioning as appropriate

Phase III (Week 8 to 12)

- **GOALS:**
 - Swelling <1cm of contralateral limb
 - Pain free with activities of daily living and moderate recreational activity
 - Quadriceps Index 90%
 - Girth within 2cm of contralateral limb
 - Unrestricted ambulation distance (Varies based on prior levels of function)

- **ACTIVITIES:**
 - Advance strengthening as tolerated
 - Lunges (Forward, Backward, and Lateral), resisted squats, elliptical, treadmill, standing knee flexion, long arc quads, leg press
 - Add core strengthening and aerobic conditioning as appropriate

Phase IV (Week 12 to 16)

- **GOALS:**
 - Swelling < 1cm of contralateral limb
 - Pain free with all activities
 - Quadriceps Index 95%
 - Full Return to all competitive activities
 - AROM: Symmetrical to contralateral limb

- **ACTIVITIES:**
 - Continue stretching as needed 2-3x/week
 - Engage in progressive resistive strengthening to maximize limb strength and full functional return

Comments:

Frequency: 2-3 times per week

Duration: 6-8 weeks

Signature: _____

Date: _____