

**Total Knee Arthroplasty
Dr. Green**

Time Frame	Considerations	Treatment	Goals
Phase I Hospital 0-3 days	-Wound healing/DVT -Emphasize extension -Immobilizer at night	-CPM -Exercises of ankle pumps, quad set, SLR, TKE, passive extension	-WBAT with appropriate AD -Control swelling -Leg control
Phase II 3-14 days	-Emphasize extension (active & passive) -Establish independence -Passive range of motion	-Stationary bike, closed chain exercises -Passive motion as needed -Progress previous exercises -Flexion range of motion	-Ambulation with least intrusive assisted device
Phase III 2-6 weeks	-Passive range of motion -Normal gait -Lower extremity strength	-Progress above exercises -Emphasize range of motion -Transition to home exercise program	-0° extension -Greater than 110° knee flexion
Phase IV 6 weeks – 4 months	-Quad strength -Functional activity	-Proprioceptive activity -Specific functional exercise	-0° extension -Greater than 120° knee flexion -5/5 strength on MMT