

Total Knee Arthroplasty

Dr. Mulder

Time Frame	Treatment	Goals
Post-Op Day	<ul style="list-style-type: none"> • Instruction in signs and symptoms of infection • Instruction in cryotherapy • Instruction in HEP including quad sets, heel slides, SLR, SAQ, ankle pumps and leg extension stretch 	<ul style="list-style-type: none"> • Independent in HEP • ROM 0-100° • Independent in cryotherapy
Phase I (1-4 weeks)	<ul style="list-style-type: none"> • Remove dressing 1 week from surgery • Frequency 3x/week • Work aggressively on full extension and maximize flexion • Promote edema control and cryotherapy • Scar tissue mobilization at 2 weeks post-op depending on healing rate of incision • Begin functional rehabilitation as tolerated • Progress biking and lower extremity closed and open chain exercises as tolerated • Progression of normal gait pattern with least restrictive assistive device 	<ul style="list-style-type: none"> • Progression of HEP as tolerated • ROM 0-120° • Progression on assistive devices depending on quad function and non-antalgic gait
Phase II (4-6 weeks)	<ul style="list-style-type: none"> • Frequency is 2-3/week until ROM and strength are approaching WFL 	<ul style="list-style-type: none"> • Non-antalgic gait ascending/descending stairs • No assistive device • Independent in ROM and functional LE strengthening exercises