

## Total Knee Arthroplasty

### Dr. Nessler

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