

Dr. Zarling
Total Knee Arthroplasty
Post-Operative Rehabilitation Protocol

These are general guidelines for the immediate postoperative period. Every patient will progress at different paces depending upon the extent of their surgery and their preoperative status.

<p style="text-align: center;">Immediate post-op (First week)</p> <p>Take pain medication as prescribed</p> <p>Supine:</p> <ul style="list-style-type: none"> • Passive knee extension (towel roll or wedge under heel) • Ankle pumps • Straight leg raises • Heel slides • Ice and elevate lower extremity 3-4 x per day <p>Sitting :</p> <ul style="list-style-type: none"> • Active knee flexion / extension in chair <p>Gait :</p> <ul style="list-style-type: none"> • Walker or crutches WBAT • Take steps one at a time 	<p>Goals</p> <ul style="list-style-type: none"> • Full knee extension with heel pressure support • 50° knee flexion • Independent ice and elevation • Develop home exercise program • Independent transfers • Ambulate 100 feet with walker/crutches • Vehicle transfers • Daily hygiene <p>NOTES</p> <p>-----</p> <p>-----</p>
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<p style="text-align: center;">Weeks 2 and 3</p> <p>Limit narcotic pain medication. Take only when needed</p> <p>Supine:</p> <ul style="list-style-type: none"> • Passive knee extension (towel roll or wedge under heel) • Ankle pumps, Straight leg raises, Heel slides • Ice and elevate lower extremity 3-4 x per day <p>Sitting :</p> <ul style="list-style-type: none"> • Active knee flexion / extension in chair <p>Gait</p> <ul style="list-style-type: none"> • Walker or crutches WBAT • Take steps one at a time 	<p>Goals</p> <ul style="list-style-type: none"> • Full knee extension with heel pressure support • 100° knee flexion • <10° extension lag • Quad / hamstring strength 3+/5 • Maintain home exercise program • Independent transfers • Ambulate 200 feet 3X / day with walker/crutches • Independent vehicle transfers • Independent daily hygiene <p>NOTES</p> <p>-----</p> <p>-----</p>
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<p style="text-align: center;">Weeks 3 - 6</p> <p style="text-align: center;">NO narcotic pain medication.</p> <p>Supine:</p> <ul style="list-style-type: none"> • Ankle pumps, Straight leg raises, Heel slides • Ice and elevate lower extremity 3-4 x per day <p>Sitting :</p> <ul style="list-style-type: none"> • Active knee flexion / extension in chair <p>Gait</p> <ul style="list-style-type: none"> • Walker or crutches WBAT • Take steps one at a time • Transition to cane 	<p>Goals</p> <ul style="list-style-type: none"> • Full knee extension with heel pressure support • 100+° knee flexion • <10° extension lag • Quad / hamstring strength 3+/5 • Maintain home exercise program • Independent transfers • Ambulate 200 feet 3X / day with walker/crutches • Independent vehicle transfers • Independent daily hygiene <p>NOTES</p> <p>-----</p>
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<p style="text-align: center;">Weeks 6 -8</p> <p style="text-align: center;">No Narcotic medication</p> <p>Strengthening</p> <ul style="list-style-type: none"> • ankle pumps, heel slides, leg lifts • hip extension , abduction • Closed chain exercise for balance and proprioception <p>Gait</p> <ul style="list-style-type: none"> • FWB • Transition off cane 	<p>Goals</p> <ul style="list-style-type: none"> • Minimize swelling • Maintain home exercise program • Walk 2-3 blocks • Independent ADLs • Begin driving <p>NOTES</p> <p>-----</p>
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<p style="text-align: center;">Weeks 8 -12</p> <p style="text-align: center;">No Narcotic medication</p> <ul style="list-style-type: none"> • Continue strengthening exercises • Work on balance and proprioception • Return to normal gait pattern • Develop lifelong exercise goals 	<p>Goals</p> <ul style="list-style-type: none"> • Normal muscle tone 4+/5 • Walk 5 blocks • Single leg stance for 10 seconds <p>NOTES</p>
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