



Total Knee Arthroplasty

Thomas K. Comfort, MD

PHASE I (1-10 DAYS POST OP):

- Weight bearing as tolerated
- Active quad muscle contraction
- Control swelling, inflammation, and bleeding
- Ankle pumps
- Knee extensions/SLR/quad sets
- Gentle hamstring stretches
- EMS for quads if needed

PHASE II (2-3 WEEKS POST OP):

- Weight bearing as tolerated w/ device if needed
- Modalities as needed
- Discontinue use of TED stockings
- Improve ROM
- Enhance muscular strength and endurance
- Gait training
- Establish return to functional activities
- Dynamic joint stability
- Pool program if needed

PHASE III (7-12 WEEKS POST OP):

- Independent ambulation
- Progression of ROM (0-120° or greater)
- Eccentric/concentric control of limb
- Cardiovascular fitness
- Functional activity performance
- Initiate progressive walking program

PHASE IV (14-26 WEEKS POST OP):

- Allow patient to return to advanced level of function (recreational sports)
- Maintain muscle strength and endurance
- Return to regular activity w/o pain

TOTAL KNEE ARTHROPLASTY TEMPLATE