

TJ Ridley, MD

Phone: 763-717-4120 | Website: TJRidleyMD.com | Instagram: @dr._ridley

Total Knee Arthroplasty Rehabilitation Protocol

PHASE I	PHASE II	PHASE III
POD #0-week 2	Weeks 2-4	Weeks 4-12+
<p>POST-OP CARE:</p> <ul style="list-style-type: none"> Independent SLR Stress full extension Gait training with appropriate assistive device Stair training Assess need for NMES 2x/daily for 15 contractions, start on POD 2. (biphasic 50 Hz for 15 sec with ramp of 3 sec and 45 sec rest.) Consider need for home unit. <p>EXERCISES:</p> <ul style="list-style-type: none"> Quad sets Hamstring sets Straight leg raise (SLR) Heel slides Short arc quad (SAQ) Ankle pumps Seated knee flex/ext Standing bilateral squats, if tolerated <p>PROGRESSION CRITERIA:</p> <ul style="list-style-type: none"> Complete exercises 2 x 8 reps without fatigue NPRS at rest < 5/10 ROM 0-90 degrees 	<p>CLINIC CARE:</p> <ul style="list-style-type: none"> Manual therapy techniques Wean from assistive device Continue NMES pm <p>EXERCISES:</p> <ul style="list-style-type: none"> A/AROM exercise to restore knee flexion/extension SLR all planes Multidirectional stepping Marching or single limb stance Standing HS curls Wall Slides Long arc quad (LAQ) Bilateral leg press Terminal knee extension (TKE) SLS progression <p>PROGRESSION CRITERIA:</p> <ul style="list-style-type: none"> Complete exercises 2 x 10 reps NPRS at rest < 5/10 ROM 0-110 degrees 	<p>CLINIC CARE:</p> <ul style="list-style-type: none"> Manual therapy techniques as indicated Continue NMES pm through 6 weeks <p>EXERCISES:</p> <ul style="list-style-type: none"> Leg Press: (U) Wall slides to 90 degrees Supine bridge Forward lunges Eccentric exercise Advance proprioception: <ul style="list-style-type: none"> Sidestepping Braiding Tandem walk <p>CRITERIA FOR DISCHARGE:</p> <ul style="list-style-type: none"> Rom 0 - > 110 (goal 120° +) Non-antalgic independent gait Independent reciprocating stair climbing Normal, age appropriate balance