



## TJ Ridley, MD

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### Total Knee Arthroplasty Rehabilitation Protocol

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