

Total Knee Arthroplasty

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The surgeon may specify on the referral any specific requests or deviations that fall outside the scope of this protocol.

Phase I (POD #0 - Week 2)	Phase II (Weeks 2 – 4)	Phase III (Weeks 4 – 12+)
<p style="text-align: center;">POSTOP 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 style="text-align: center;">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 style="text-align: center;">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 style="text-align: center;">CLINIC CARE</p> <ul style="list-style-type: none"> • Manual therapy techniques • Wean from assistive device • Continue NMES prn <p style="text-align: center;">EXERCISES</p> <ul style="list-style-type: none"> • A/AAROM 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 style="text-align: center;">PROGRESSION CRITERIA</p> <ul style="list-style-type: none"> • Complete exercises 2 x 10 reps without fatigue • NPRS at rest < 5/10 • ROM 0-110 degrees 	<p style="text-align: center;">CLINIC CARE</p> <ul style="list-style-type: none"> • Manual therapy techniques as indicated • Continue NMES prn through 6 weeks <p style="text-align: center;">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 style="text-align: center;">CRITERIA FOR DISCHARGE</p> <ul style="list-style-type: none"> • ROM 0->110 degrees (goal 120°+) • Non-antalgic independent gait • Independent reciprocating stair climbing • Normal, age appropriate balance

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