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Quiet Knee Protocol for Total Knee Arthroplasty Rehabilitation

- What is quiet knee protocol? This is a rehab protocol that emphasizes controlling swelling, protecting your knee, and avoiding overuse early in recovery to avoid any set backs. Goal is to significantly reduce swelling and pain of the knee prior to increasing range of motion and strengthening.

QUIET PHASE	PHASE I	PHASE II	PHASE III
Weeks 0-1	Weeks 2-4	Weeks 4-6	Weeks 6-12+
POST-OP CARE: - Stress full extension. - OK to walk and move knee with walker. - Cryotherapy and elevation with leg in FULL extension 20-30 minutes every hour while awake - No pillow behind knee. Prop heel. EXERCISES: - Ankle pumps. - Limit steps <1,000/day - No standing >20 minutes at a time - Gentle ROM within comfort level PROGRESSION CRITERIA: - Significantly improved swelling and pain.	POST-OP CARE: - 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. EXERCISES: - 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 PROGRESSION CRITERIA: - Complete exercises 2 x 8 reps without fatigue - NPRS at rest < 5/10 - ROM 0-90 degrees	CLINIC CARE: - Manual therapy techniques - Wean from assistive device - Continue NMES pm EXERCISES: - 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 PROGRESSION CRITERIA: - Complete exercises 2 x 10 reps NPRS at rest < 5/10 - ROM 0-110 degrees	CLINIC CARE: - Manual therapy techniques as indicated - Continue NMES pm through 6 weeks EXERCISES: - Leg Press: (U) - Wall slides to 90 degrees - Supine bridge - Forward lunges - Eccentric exercise - Advance proprioception: - Sidestepping - Braiding - Tandem walk CRITERIA FOR DISCHARGE: - Rom 0 - >110 (goal 120° +) - Non-antalgic independent gait - Independent reciprocating star climbing - Normal, age appropriate balance

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