



# The Orthopaedic & Fracture Clinic

## Total Knee Arthroplasty Protocol

### Out-Patient Program

#### Phase I (Weeks One – Four Post Op)

##### Goals:

- Knee AROM 0 – 105 degrees.
- Decrease pain and joint effusion/soft tissue edema.
- Good volitional quadriceps control with independent SLR capabilities.
- Independent ambulation with cane/walker.
- Independence with all transfers.
- Educate patient in home exercise program.

##### Exercises:

- Heel prop for knee extension ROM.
- Quadriceps sets.
- Straight leg raising.
- Terminal knee extension.
- Heel slides for knee flexion ROM.
- Closed kinetic chain exercises (partial squats, closed kinetic chain extension, leg press controlled ROM).
- Standing hamstring curls.
- Retro-treadmill, biking, and Nu-step.
- Biodex balance training/proprioception retraining.
- Gait retraining.
- Modalities as necessary for pain and edema control, quadriceps reeducation.

## **Phase II (Weeks Four – Six Post Op)**

### Goals:

- Knee AROM 0 – 115 degrees.
- Excellent quadriceps control and no extensor lag with terminal extension.
- Independent ambulation with approaching normal gait pattern.
- Independence with all self cares.

### Exercises:

- Exercise as above with advancement of weights and repetitions. Concentration on proprioception/balance and gait reeducation in addition to quadriceps strengthening.
- Patient instructed to continue home exercise until three months post operative.