

Total Knee Replacement Protocol

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A Pre-operative evaluation will take place prior to surgery to discuss expectations of the patient during and after their hospital stay. During the evaluation, range of motion (ROM) measurements will be taken of both knees. Strength of the upper and lower extremities will be assessed. We will discuss exercise progression and ROM goals during their inpatient and outpatient course of treatment. The patient will be instructed on the use of walker. At the time of the pre-op evaluation, the patient will be scheduled for their first outpatient physical therapy visit which will occur approximately seven days after surgery.

To the Patient: This protocol has been developed to ensure an optimal outcome following your surgery. It is very important that you control your pain with medication that your physician has given you so that you can participate in your therapy session at the clinic and at home.

1st Week Post-Op (Seven days post surgery)

Goals: Initiation of TKR ex program. Improve Quad function. 90 degrees passive knee flexion. Full Knee Ext. Decrease Pain and Swelling. Gait: FWB if cemented.

Exercises:

1. Ankle Pumps
2. Quad Sets/ Ham Sets/ Glut Sets
3. Heel slides
4. SAQ
5. SLR (If not able initiate NMES)
6. LAQ (NO WEIGHT)
7. Seated Hamstring Curls
8. Heel Prop (Improve Ext)
9. Wall slides (Improve Flex)
10. Bike (Range Maker if Needed)

Use of Ice and Electrical stimulation for pain and swelling control. (PRN)

2nd Week Post-Op

Goals: 90 degrees active flexion. 100 degrees passive flexion. Independent SLR. Improved gait pattern.

Exercises:

1. Continue with above exercises.
2. Gait training
3. Heel prop (IF full extension is not achieved)
4. Wall Slide
5. Shuttle squats
6. 4-way SLR
7. Balance activities (Weight Shifting)
8. Progress to cane if able.
9. Treadmill to improve gait pattern

Use of Ice and Electrical stimulation for pain and swelling control. (PRN)

3rd Week Post-Op

Goals: 105 degrees active flexion. 110-115 degrees passive flexion. Improved Balance. Continued gait progression. Independent gait with Single Point Cane.

Exercises:

1. Continue with exercises as above.
2. Progress with balance activities as tolerated on Biodex Balance System. (single/double leg, wobble board, BAPS board)
3. Step-ups (anterior, posterior, lateral)
4. Treadmill (Progress with distance, time, speed)

Use of Ice and Electrical stimulation for pain and swelling control. (PRN)

4th Week Post-Op

Goals: 115 active flexion. Full extension. No extension lag with SLR. Independent ambulation without assistive device. Independent on stairs.

Exercises:

1. Continue with exercises as above.
2. Treadmill (progress with distance, time, speed)
3. Progression with balance activities on Biodex Balance System.
4. Sport Cord walking (resistance as tolerated)

Use of Ice and Electrical stimulation for pain and swelling control. (PRN)