

TOTAL KNEE ARTHROPLASTY REHABILITATION GUIDELINES

Dr. Ed Tingstad

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PHASE 1: Immediate Post-Op Phase (Days 1 – 10)

Goals	<input type="checkbox"/> ROM 0-90 degrees <input type="checkbox"/> Active quadriceps muscle contraction <input type="checkbox"/> Safe and independent ambulation <input type="checkbox"/> Control swelling, inflammation, and bleeding	
Days 1-3	WEIGHTBEARING	<input type="checkbox"/> Walker or use of two crutches, weight bearing as tolerated
	CPM MACHINE	<input type="checkbox"/> 0-70 degrees as tolerated if stable wound and no contraindications <input type="checkbox"/> Take knee out of CPM several times a day with pillows under ankle to encourage extension
	CRYOTHERAPY	<input type="checkbox"/> Commercial unit used or ice packs: 25 minutes 4 times daily
	DVT PROPHYLAXIS	<input type="checkbox"/> TED stockings as ordered <input type="checkbox"/> Exercises
	EXERCISES	<input type="checkbox"/> Ankle pumps with leg elevation <input type="checkbox"/> SLR is not contraindicated <input type="checkbox"/> Quad sets
Days 4-10	WEIGHTBEARING	<input type="checkbox"/> As tolerated
	CPM MACHINE	<input type="checkbox"/> -5 to 110 degrees as tolerated
	EXERCISES	<input type="checkbox"/> Ankle pumps with leg elevation <input type="checkbox"/> Active assisted ROM knee flexion <input type="checkbox"/> Quad sets <input type="checkbox"/> SLR <input type="checkbox"/> Hip abduction/adduction <input type="checkbox"/> Gait training
Criteria for Progression	<input type="checkbox"/> Leg control, able to perform SLR <input type="checkbox"/> Active ROM 0-90 <input type="checkbox"/> Minimal pain and swelling with independent ambulation and transfers	

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PHASE 2: Motion Phase (Weeks 2 – 6)

Goals	<input type="checkbox"/> Improve ROM <input type="checkbox"/> Enhance muscular strength, endurance and dynamic joint stability <input type="checkbox"/> Diminish swelling and inflammation <input type="checkbox"/> Establish return to functional activities	
Weeks 2-4	WEIGHTBEARING	<input type="checkbox"/> Weight bearing as tolerated
	CRYOTHERAPY	<input type="checkbox"/> Continue use of cryotherapy
	DVT PROPHYLAXIS	<input type="checkbox"/> Discontinue use of TED stocking at 2-3 weeks
	EXERCISES	<input type="checkbox"/> Quad sets <input type="checkbox"/> Knee extension 0-90 <input type="checkbox"/> Terminal knee extension <input type="checkbox"/> SLR <input type="checkbox"/> Hip abduction/adduction <input type="checkbox"/> Hamstring curls <input type="checkbox"/> Squats <input type="checkbox"/> Stretching <input type="checkbox"/> Bicycle ROM stimulus
Weeks 4-6	CRYOTHERAPY	<input type="checkbox"/> Continue use of cryotherapy
	EXERCISES	<input type="checkbox"/> Continue all above exercises <input type="checkbox"/> Front and lateral step ups <input type="checkbox"/> Front lunge <input type="checkbox"/> Pool program
Criteria for Progression	<input type="checkbox"/> ROM 0-110 <input type="checkbox"/> Voluntary quadriceps muscle control <input type="checkbox"/> Independent ambulation	

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PHASE 3: Intermediate Phase (Weeks 7-12)

Goals	<input type="checkbox"/> Progression of ROM 0-115 and greater <input type="checkbox"/> Continued enhancement of strength and endurance <input type="checkbox"/> Eccentric/concentric control for the limb <input type="checkbox"/> Increased cardiovascular fitness	
Weeks 7-10	EXERCISES	<input type="checkbox"/> Continue all Phase 2 exercises <input type="checkbox"/> Initiate progressive walking program <input type="checkbox"/> Initiate endurance pool program <input type="checkbox"/> Return to functional activities <input type="checkbox"/> Lunges, squats, step-ups <input type="checkbox"/> Emphasize eccentric/concentric knee control
Criteria for Progression	<input type="checkbox"/> Full, non-painful ROM <input type="checkbox"/> Strength of 4 or 5, or 85% of contralateral limb <input type="checkbox"/> Minimal of no pain and swelling	

PHASE 4: Advanced Activity Phase (Weeks 14-26)

Goals	<input type="checkbox"/> Allow selected patients to return to advanced level of function <input type="checkbox"/> Maintained and improve strength and endurance of lower extremity <input type="checkbox"/> Return to normal lifestyle	
Weeks 14-26	EXERCISES	<input type="checkbox"/> Quad sets <input type="checkbox"/> SLR <input type="checkbox"/> Hip abduction and adduction <input type="checkbox"/> Squats <input type="checkbox"/> Lateral step ups <input type="checkbox"/> Bicycle for ROM stimulus <input type="checkbox"/> Initiate gradual golf, tennis, swimming, bicycle, walking program