

Total Knee Arthroplasty

Pre-op Instruction

- Cryotherapy Instruction
- Walker Utilization Instruction (WBAT)
- HEP – Ankle Pumps, Quad Sets, SLR, Hamstring sets, Heel Slides, Short Arc Quads, Static Knee Extensions stretch, Static Knee Flexion Stretch
- Transfers from Sit to Stand
- Pre-discharge Goals
- Postoperative Out Patient Physical Therapy Frequency and Duration Expectations
- Short and Long-term Out Patient Goals

Phase I - Inflammation Control and Initiation of Functional Strength Program (Weeks 0 to 3)

0 to 3 weeks:

- Strength Goals
 - 0 Degrees of quad lag with SLR
 - Climb stairs using reciprocating gait
- Expand HEP and Clinic exercise program to include closed chain therapeutic exercises
- ROM goals
 - Advance Static Stretching for knee extension and flexion-Obtain PROM of 5-95 Degrees
- Continue to advise patient and family regarding inflammation and joint effusion control

Weeks 4 to 6:

- Strength Goals
 - Patient should be able to do 3 sets of 10 lateral step-ups with a concurrent hip-hike
 - Climb and descend stairs using a reciprocating gait

- Expand HEP and Clinic exercise programs to include balance and proprioception re-education exercises
- Expand strength and localized muscular endurance HEP and Clinic therapeutic activities and build on volume and intensity
- ROM Goals
 - Introduce dynamic stretching exercises
 - Obtain PROM of 0-120
- Encourage the patient to continue with regular and frequent cryotherapy

Phase II - Preparation for Discharge from Skilled Physical Therapy (Weeks 7 & 8)

- AROM And Strength Goals
 - 115 Degrees
 - Squat down to parallel and up for 20 repetitions without stopping
- Muscular Endurance and Cardiovascular Endurance
 - Introduce a home walking program and progression tailored to the patient
 - Introduce utilization of the Elliptical and Stair Machines and tailor programming to the patient
- Advance Balance and Proprioception Training to include single leg activities
- Review and finalize all HEP and/or health club therapeutic exercises in anticipation of discharge from Skilled Physical Therapy
- Encourage awareness of and proper response to joint effusion and inflammatory response that may occur over the next few weeks

Phase III - Advance patient on to an independent maintenance program either in the Clinic or at a local health club

*** For additional evidence based information please refer to the www.brighmandwomens.org web site.**