

Total Knee Arthroplasty Protocol

Goals:

- AROM 0° - 120°, do not exceed 120° PROM
- Ambulate without an assistive device and without an antalgic gait/ limp
- Climb stairs in a reciprocal pattern (one foot over the other) without upper extremities unless needed for safety
- Full functional mobility

Phase 1 (Post-op – Week 3):

- Home Physical Therapy unless otherwise directed by physician
- No driving for 6 weeks if right knee, 4-6 weeks if left knee & must be off pain meds

Phase 2 (Week 4 – Week 6):

- AROM 0° - 120°
- Progress from SC to no assistive device when patient able to ambulate safely and without a limp.
- Progress mat exercises: add cuff weight to increase strength/difficulty, if patient receives pain decrease or remove weight.
- Continue HEP 2x/day
- Limit walking if patient does not have AROM 0°-120°.
- Progress standing exercises: Exercise goal to increase ROM, strength, balance, proprioception, and function.
- Manual therapy
- No driving until 6 weeks with right knee, 4-6 weeks with left knee.
- Patient will have follow up with physician at 6 weeks.

Phase 3 (Week 7 – 3 months):

- Continue with home exercise program
- Begin daily walks, starting with ¼ mile and gradually increasing.
- Climb stairs in a reciprocal pattern (one foot over the other)
- For endurance: walk outside, walk on a track, water exercise, ride a stationary/recumbent bike, or elliptical machine; No treadmill because of the compression on the new joint.
- Golf: May begin chipping/ putting at 6 weeks, may begin driving at 3 months. As with all activities, begin slowly and work up to a full round.

Phase 4 (3 months – Lifetime):

- Continue to do isolated knee strengthening exercises/home exercise program 3- 4 x/ week.
- Able to use leg weight machines with low weight and gradually increase.
- Recommended Activities:
 - Elliptical trainers
 - Stationary/ recumbent bike
 - Walking
 - Water aerobics or swimming
 - Low impact aerobics
 - Yoga, Tai Chi, Swiss Ball exercise- some positions may need to be altered if loading the joint in flexion.
- Activities Not Recommended:
 - Running/ jogging
 - High impact aerobics
 - Jumping rope/ plyometrics