

## TOTAL KNEE ARTHROPLASTY PROTOCOL

### 6 WEEK GOALS:

1. **AROM 0°-120°. Full extension is the most important motion.**
2. Walk without a limp or device (we prefer patients use an assistive device rather than walk with a limp)
3. Stairs with a reciprocal pattern and NO railing assist to ascend. Rail use ok to descend
4. Single Leg Stance  $\geq$  10 seconds
5. Stand from chair without upper extremity assistance
6. No extension lag with Straight Leg Raise (SLR)

### D/C Instructions from Hospital:

1. Wear immobilizer 6 hours/night while resting (preferably at night) for 6 weeks.
2. Wear TED hose on both legs for 6 weeks during the day. Remove at bedtime.
3. **In order to minimize post-op swelling, LIMIT standing and walking (all weight-bearing activity) to 5 minutes per waking hour until 2 weeks post-op.** After 2 weeks, progress walking/standing to maximum of **10 minutes** per waking hour. Once 0°-120° AROM achieved, pt. may gradually increase walking/standing time beyond 10 minutes/hour.
4. Ambulate with an assistive device until 0°-120° AAROM achieved & no gait deviations
5. Must ambulate with rolling walker for 2 weeks post-op.
6. **No weight machines for 3 months. No stool scoots or treadmill for 6 weeks.**
7. **No cuff weights greater than 2 lbs. in the initial 6 weeks post-op.**
8. **Don't progress cuff weights beyond 5 lbs. in the initial 3 months post-op.**
9. Remove waterproof bandage on 8th day post-op. If patient has visible drainage from the incision at 8 days post-op, please contact medical staff at (509) 371-4240

### Physical Therapy:

1. AROM goal must be achieved prior to concentrating on strength, endurance, and balance.
  - a. If you are having difficulty achieving ROM goals, limit standing activities and avoid cuff weights.
  - b. Consider returning to use of the rolling walker
  - c. Increase frequency of posterior knee capsule stretches. Emphasize VMO activation in open and closed chain to promote 0\* knee extension.
2. **IF ACTIVE range of motion is not at least 5°-105° by 3 weeks, call us @ (509) 371-4240**
3. **MEASURE AAROM AT EACH TREATMENT SESSION! MEASURE AROM AT LEAST 1X/WEEK.**
4. May massage leg from week 1 to decrease swelling & prevent hypersensitivity. Deep tissue massage is appropriate after 2 weeks post-op.
5. **Remove incisional steri-strips, teach scar massage** and teach patella mobilization **at 21 days post-op.** (3weeks). Recommend daily scar massage until patient is 3 months post-op.
6. NMES to VMO until good contraction noted.

PLEASE CALL US WITH ANY QUESTIONS

PHYSICIAN SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_