



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 **10minutes** 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 615-342-0038.

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 PT @ 615-342-0265.**
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