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NJ lic #: 25MA06397000 NY lic# 186348

Post-Op Total Knee Replacement

0-2 Weeks

PT Rx

3x Week

CLINICAL INTERVENTION

WEIGHT BEARING:

TTWB w/walker or crutches

ROM:

0-90 degree or better before leaving hospital

PATIENT EDUCATION:

Instruct in proper use of ice, moist heat, elevation

Quad setting (achieve good Quad set ASAP)

CPM to be used at home if ROM not progressing

Home Exercise Program (HEP) instruction

Gait training

MODALITIES:

As indicated (including home units)

THER EX:

Ankle pumps

Calf stretch w/towel

Quad sets

E-Stim may be used for Mm facilitation

Biofeedback may be used for Mm re-education

Patellar mobilizations

Hamstring sets

Passive K'extension

Supine SLR's

TKE's (from 30 degrees)

Sitting AAROM K' flexion for quad stretch

K' extension AROM 90 to 0 degrees

Heel slides, supine wall slides, or stationary bike for ROM

2-6 Weeks

PT Rx:
2-3x/Week

CLINICAL INTERVENTION:

WEIGHT BEARING:

Progress WB-ing w/appropriate device providing gait training to achieve a normal gait pattern
Progress to cane when normal gait is achieved or MD gives permission

ROM:

0 to 130 degrees by 6-8 weeks post-op

PATIENT EDUCATION:

Progress HEP w/emphasis on ROM
Gait training w/appropriate device

MODALITIES:

As indicated

THER EX:

Continue w/above progressing AROM to PRE's
Quad: multi-angle isometrics
Prone or standing K' flexion
Hip abduction, adduction, extension
Initiate prone hangs or "bridge" w/heel propped and weight above knee to achieve full extension
Patellar mobilization
Stationary bike (no PF pathology on uninvolved LE should be present)
Aquatic therapy may begin once wound is fully healed and approved by MD

RE-ASSESS:

Strength, motor control, ROM for safety ADL performance in preparation of discharge

6- 8 Weeks

PT Rx:
2-3x/Week

CLINICAL INTERVENTION

THER EX:

Progress ROM and strengthening exercises
Continue aquatics if appropriate
Nordic Track
Step-ups
Step-overs
Evaluate functional deficits and begin functional activity training

8-12 Weeks

CLINICAL INTERVENTION

PT Rx

1-2x/Week

THER EX:

Progress strengthening and functional activity training

Continue aquatics if appropriate

RE-ASSESS:

Strength, motor control, ROM for safety in ADL performance in preparation of discharge