

# Orthopaedic Sports Specialists, P.C.

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## Post Operative Rehabilitation:

### TOTAL KNEE ARTHROPLASTY

#### **PHASE I** **Immediate Postoperative Phase (Day 1 to 10)**

- Goals:**
- 1) Active quadriceps muscle contraction
  - 2) Safe (isometric control), independent ambulating
  - 3) Passive knee extension to 0 degrees
  - 4) Knee flexion to 90 degrees or greater
  - 5) Control of swelling, inflammation, bleeding

#### **Day 1 to 2**

**Weight Bearing** - Walker/two crutches WBAT

**CPM** - 20 to 70 degrees as tolerated

**Cryotherapy** - Commercial unit used continuously

#### **Exercises:**

- \* Ankle pumps with leg elevation
- \* Passive knee extension exercise
- \* Straight leg raises (SLR)
- \* Quad sets
- \* Knee extension exercise 90-30 degrees
- \* Knee flexion stretches (gentle)

#### **Day 4 to 10**

**Weight bearing** - As tolerated

#### **Exercises:**

- \* Ankle pumps with leg elevation
- \* Passive knee extension stretch

- \* Active assistive ROM knee flexion
- \* Quad sets
- \* Straight leg raises
- \* Hip abduction/adduction
- \* Knee extension exercise 90-0 degrees
- \* Continue use of cryotherapy

**Gait Training** - Continue safe ambulation  
Instruct in transfers

**Phase II    Motion phase (Week 2-6)**

- Goals:**
- 1) Improve range of motion
  - 2) Enhance muscular strength/endurance
  - 3) Dynamic joint stability
  - 4) Diminish swelling/inflammation
  - 5) Establish return to functional activities
  - 6) Improve general health

**Criteria to Enter Phase II**

- 1) Leg control, able to perform SLR
- 2) Active ROM 0-90 degrees
- 3) Minimal pain/swelling
- 4) Independent ambulation/transfers

**Week 2-4**

**Weight bearing** - WBAT with assisted device

**Exercises:**

- \* Quad sets
- \* Knee extension exercise 90-0 degrees
- \* Terminal knee extension 45-0 degrees
- \* Straight leg raises (flexion/extension)
- \* Hip abduction/adduction
- \* Hamstring curls
- \* 1/4 squats
- \* Stretching
  - Hamstrings, gastrocnemius, soleus, quads
- \* Bicycle ROM stimulus
- \* Continue passive knee extension stretch
- \* Continue use of cryotherapy
- \* Discontinue use of TEDS hose at 2-3 weeks

(physician's approval)

## **Week 4-6**

### **Exercises:**

- \* Continue all exercises listed previously
- \* Initiate:
  - Front & lateral step-ups (minimal height)
  - 1/4 front lunge
  - Pool program
  - Continue compression, ice, elevation for swelling

## **Phase III   Intermediate Phase (Week 7-12)**

- Goals:**
- 1) Progression of ROM (0-115 degrees and greater)
  - 2) Enhancement of strength/endurance
  - 3) Eccentric/concentric control of the limb
  - 4) Cardiovascular fitness
  - 5) Functional activity performance

### **Criteria to enter Phase III**

- 1) Range of motion 0-110 degrees
- 2) Voluntary quadriceps muscle control
- 3) Independent ambulation
- 4) Minimal pain/inflammation

## **Week 7-10**

### **Exercises:**

- \* Continue all exercises listed in Phase II
- \* Initiate progressive walking program
- \* Initiate endurance pool program
- \* Return to functional activities
- \* Lunges, 1/2 squats, step ups (2" to start)
- \* Emphasize eccentric/concentric knee control

## **Phase IV   Advanced Activity Phase (Week 14-26)**

- Goals:**
- 1) Allow selected patients to return to advanced level of function (recreational sports)
  - 2) Maintain/improve strength and endurance of lower extremity

3) Return to normal life style

### **Criteria to enter Phase IVIV**

- 1) Full non-painful ROM 0-115 degrees
- 2) Strength of 4 + /5 or 85% of contralateral limb
- 3) Minimal to no pain and swelling
- 4) Satisfactory clinical examination

### **Exercises:**

- \* Quad sets
- \* Straight leg raises (Flexion/extension)
- \* Hip abduction/adduction
- \* 1/2 squats
- \* Lateral step ups
- \* Knee extension exercise 90-0 degrees
- \* Bicycle for ROM stimulus & endurance
- \* Stretching
  - Knee extension to 0 degrees
  - Knee flexion to 105 degrees
- \* Initiate gradual golf, tennis, swimming, bicycle, walking program