

## TOTAL KNEE ARTHROPLASTY PROTOCOL

	Postoperative Weeks					Postop Months		
	1-2	3-4	5-6	7-8	9-12	4	5	6
<b>Brace:</b> High risk patients only (concurrent patellar realignment, MCL repair, lack quad control, difficulty with balance/coordination)	X	X						
<b>Range of motion minimum goals:</b> 0°-100° 0°-120°	X	X						
<b>Weight bearing:</b>	X							
Weight bear as tolerated	X							
<b>Patella mobilization</b>	X	X	X	X				
<b>Modalities:</b>								
Electrical muscle stimulation (EMS)	X	X	X					
Pain/edema management (cryotherapy)	X	X	X	X	X	X	X	X
<b>Stretching:</b>								
Hamstring, gastroc-soleus, iliotibial band, quadriceps	X	X	X	X	X	X	X	X
<b>Strengthening:</b>								
Quad isometrics, straight leg raises	X	X	X	X	X	X	X	X
Closed-chain: gait retraining, toe raises, wall sits, mini-squats		X	X	X	X	X	X	X
Knee flexion hamstring curls (90°)			X	X	X	X	X	X
Knee extension quads (90°-30°)		X	X	X	X	X	X	X
Hip abduction-adduction, multi-hip			X	X	X	X	X	X
Leg press (70°-10°)			X	X	X	X	X	X
<b>Balance/proprioceptive training:</b>								
Weight-shifting, mini-trampoline, BAPS, BBS, plyometrics		X	X	X	X	X	X	X
<b>Conditioning:</b>								
UBC		X	X	X	X			
Bike (stationary)		X	X	X	X	X	X	X
Aquatic program			X	X	X	X	X	X
Swimming (kicking)					X	X	X	X
Walking					X	X	X	X
Stair climbing machine				X	X	X	X	X
Ski machine				X	X	X	X	X

BAPS = Biomechanical Ankle Platform System (Camp, Jackson, MI), BBS = Biodex Balance System (Biodex Medical Systems, Inc, Shirley, NY), UBC = upper body cycle (Biodex Medical Systems, Inc, Shirley, NY).