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TOTAL KNEE ARTHROPLASTY REHABILITATION PROTOCOL

Phase I: Immediate Post-Surgical Phase (Days 0-3)

- **Goals:** Perform bed mobility and transfers with least amount of assistance, ambulate with assistive device for 25-100 feet and ascend/descend stairs as appropriate, regain at least 80° of P/AROM knee flexion and less than or equal to -10° extension, independently perform SLR exercises
- **Precautions:** WBAT w/ assistive device, monitor wound healing and signs of DVT and PE, no resistive exercises, avoid twisting motions across knee
- **Exercises:** A/AA/PROM exercises, isometric quadriceps, hamstring, and gluteal exercises, gait and transfer training, SLR exercises, soft tissue massage
- **Criteria to move to Phase II:** Ability to perform SLR, AROM -10°-80°, independent in transfers and ambulation of at least 100 feet with appropriate device, minimal inflammation

Phase II: Motion Phase (Day 3 - Week 6)

- **Goals:** Improve AROM to at least 0-110°, discontinue assistive device use, return to functional activities, improve strength, endurance, and proprioception, decrease inflammation and swelling
- **Precautions:** Monitor wound healing and signs of infection, WBAT w/ assistive device as appropriate
- **Exercises:**
 - Weeks 1-4: AA/A/PROM, stationary cycling, SLR in 4 planes, progress quad/hamstring/gluteal isometric exercises, patellar and tibial-femoral mobilizations, gait training to wean off of assistive device
 - Weeks 4-6: Progress above exercises, initiate front and lateral step ups, 1/4 front lunges
- **Criteria to move to Phase III:** AROM 0-110°, good voluntary quad control

Phase III: Intermediate Phase (Weeks 7 - 12)

- **Goals:** Improve AROM to least 0-115°, good strength in all LE musculature, return to most functional activities, good patella femoral mobility
- **Exercises:** Progress above exercises with resistance, begin endurance and balance/proprioception program, progress open/closed chain exercises as appropriate
- **Criteria to move to Phase IV:** Pain-free AROM, 4+/5 of all LE musculature, minimal to no pain and swelling

Phase IV: Advanced Strengthening and Higher Level Functioning (Weeks 12 - 16)

- **Goals:** Return to appropriate recreational activities, improve strength/balance/proprioception/endurance as needed for ADL's
- **Exercises:** Progress above exercises, initiate return to recreational activities
- **Criteria for discharge:** Independent, non-antalgic gait, pain-free AROM, at least 4+/5 strength in LE, normal balance/proprioception, independent step over step stair climbing, independent in HEP