Total Knee Arthroplasty Post-Operative Protocol & Rehabilitation Program

Wound/Incision Care:

- First Dressing POD #2- ABD Pad with Thigh high TEDS stocking to hold dressing in place. NO TAPE! It restricts motion.
- Daily Dressing Changes and Wound Checks
- Discontinue Staples POD#14, apply Steri-Strips
- Shower POD #10, cleanse incision with soap and water and pat dry.
  - DO NOT APPLY ANY ANTIBIOTIC OINTMENTS OR OTHER LOTIONS/CREAMS
  - NO BATHS/HOTUBS/POOLS FOR FOUR WEEKS

No pillows underneath the Knee!

- This can inhibit achievement of extension of the knee.
- Place a rolled towel/bolster underneath the ankle to help with extension.

DVT Prophylaxis

Sequential Compression Devices

- On While in Bed during hospital stay

Stockings

- TEDS Stockings 23 hours per day for four weeks

FOLLOW UP APPOINTMENTS

- You are to Schedule a Follow Up Appointment for two weeks after your surgery
Rehabilitation Program

*A successful outcome is dependent on communication between the patient, therapist and physician. The time frames listed below are goals for achievement. The progression thru the phases should be considered individually. Activity may be progressed sooner if the previous week’s goals have been achieved. Any questions or concerns about a patient’s progress should be directed to Dr. O’Connor.

Phase I: Week One/Immediate Post-Operative

Goals:

- Demonstrate Safe & Independent Transfers from bed, chair
- Demonstrate Safe & Independent Ambulation with assistive device
- Achieve Static & Dynamic balance with assistive device
- Learn and demonstrate understanding of Home Exercise program
- Quadriceps Control
- Achieve Full Extension 0 degrees to 90 degrees of flexion
- Control Swelling, Inflammation & bleeding

Day of Surgery

- CPM in recovery room 0-90 degrees (if tolerated to 90 degrees)
- CPM used for 8 hours per day
- Ice Q’20 minutes per hour

POD#1

- Increase CPM 10 degrees per day (if tolerated)
- Continue increasing CPM daily until patient achieves 90 degrees of active knee flexion
- Actively move knee to 60 degrees of flexion
- Sit @ edge of bed with assistance
- Sit in a chair for twenty minutes
- Ambulate with a walker and assistance for 15 feet
  o WBAT with walker or two crutches
• Review and perform bedside exercises: ankle pumps, heel slides, quadriceps and gluteal sets

**POD#2**

• Continue as above
• Perform bed exercises 5 times a day independently
• Perform Straight leg raise and terminal knee extension
• Perform bed mobility and transfers independently
• Ambulate 75-100 feet with assistance & walker
• Ambulate to bathroom and review toilet transfers
• Sit in a chair 30 minutes twice per day, not counting meals
• Actively move knee to 70 degrees of flexion

**POD#3**

• Continue as above
• Transfers and bed mobility performed with contact guarding to involved leg
• Ambulate 150 feet with walker & supervision
• Attempt ambulation with wide based quad cane (WBQC) with assistance
• Negotiate 4 steps with assistance
• Standing Hip Flexion, Abduction/Adduction exercises
• Standing Knee Flexion exercises
• Bathroom with assistance for all toilet needs
• Sitting most of the day (No more than 45 minutes a session)
• Actively move knee 0-90 degrees
• Discharge from hospital if ambulating and negotiating stairs independently
• Active Range of motion 0-90 degrees

**POD#4**

• Continue as above
• Bed mobility and transfers performed with supervision
• Ambulate 200 feet with WBQC and supervision
• Negotiate 4 steps with a WBQC, a single rail and necessary assistance for safety
• Perform home exercises program with contact guard and verbal clues
• Active Range of motion 0-90 degrees
• Out of bed most of the day walking and sitting

**POD#5**
• Continue as above
• Bed mobility and transfers performed independently
• Ambulate with a WBQC 200 feet independently
• Negotiate 4-8 steps with a WBQC and a single rail independently
• Perform Home Exercises Independently
• AROM 0-90 degrees

**Phase II: Progressive Function Weeks 2-5**

**GOALS:**
• Improve Strength, Endurance, Range of Motion & Proprioception
• Improve Static & Dynamic Balance
• Attain 0-110 degrees of knee motion actively
• Maximize function in home environment
• Decrease Swelling and inflammation

**Weeks 2-3**
• Monitor incision site and swelling
• Continue Home Exercise Program
• Progress ambulation distance
• Stationary bike with supervision 5-10 minutes
• Incorporate static & dynamic balance exercises
• Standing wall slides (Do not allow knees to move forward of toes.)
• Active Range of motion 0-100 degrees
• Progress ambulation distance (1/2 block to block every day with WBQC)

**Weeks 3-4**
• Continue as above
• Attempt unilateral stance on the involved leg, side stepping
• Practice with straight cane indoors
• Increase stationary bicycle time to 10-12 minutes 2xday
• Attain active range of motion 0-105 degrees

**Weeks 4-5**

• Continue as above  
• Ambulate with straight cane only  
• Increase stationary bike to 15 minutes, twice per day  
• Progress with lateral exercises; lateral stepping, carioca  
• Attain active range of motion 0-110 degrees  

**Phase III: Advanced Function Weeks 6-8**

**GOALS:**

• Ambulate without an assistive device  
• Improve static and dynamic balance without assistive device  
• Attain Full active range of motion 0-125 degrees  
• Master functional tasks in home environment  

**Weeks 6-7**

• Continue as above  
• Ambulate indoors without assistive device  
• Focus on strength and eccentric control of muscles, add cuff weights to exercise regimen  
• Unilateral balance exercises  
• Aggressive Active range of motion exercises for goal range of 0-135 degrees  

**Weeks 7-8**

• Continue as above  
• Develop and instruct patient in home exercise program for continued strength and endurance  
• Ambulate without cane  

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