



# Mid-America Orthopedics

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## **Total Knee Arthroplasty Protocol**

### Rehabilitation

#### Weeks 0-3

- Knee ROM 0-130
- Gait: walker or crutches until able to ambulate with minimal to no analgia
- Cryotherapy: 30 minutes every 2 hours
- Exercises (3x/day)
  - Quad, gluteal sets, Heel slides
  - Ankle pumps
  - Supine hip abduction
  - Knee flexion
  - SAQ
  - Stationary bike (start at 2 weeks)

#### Weeks 3-6 weeks

- ROM: 0-130 degrees
- Scar management
- Cryotherapy as needed to control swelling
- Gait: d/c cane by 4-5 weeks if able to ambulate with minimal analgia
- Exercises
  - Straight leg raises (flexion, abduction, adduction) no more than 2#s
  - Hamstrings curls
  - Heel raises
  - Terminal knee extension-standing
  - Stand hip flexion and abduction
  - Bridges
  - Short arc Quad
- Body mechanics training

#### Weeks 6+

- Gait: ambulate on level surfaces without assistive device
- Home program education
  - Squats
  - Single leg balance

- Forward step ups
- Forward step downs
- Leg press