



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