TOTAL KNEE ARTHROPLASTY

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Patient_____ DOS____

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ACUTE CARE STAY	OUT-PATIENT THERAPY			NOTES:
	1-3 weeks post-operative	4-6 weeks post-operative	7-12 weeks post-operative	Important:
Ankle Pumps Quadricep Sets	Continue post-op exercises. Increase repetitions, focus on	Continue ROM, Goal 0- 110°. Progress as able.	Progress ROM to 120° knee flexion. Maintain 0° extension	This protocol should be interpreted as a
Straight Leg Raises Heel slides Short Arc Quads	quality and technique. Biofeedback or NMES for quadriceps training.	Isotonic quadriceps strengthening.	Progress strengthening of Quad and Hip groups	continuum . If a patient is progressing ahead of the time schedules,
Long Arc Quads Extension Prop Flexion: manually assisted,	AROM, AAROM and PROM to knee. Goal 0-100°. Progress	Isotonic hip strengthening.	Total gym with single leg	advance them as tolerated. Progress to
edge of bed, sitting in chair. Goal 0-90°. Progress as able.	as able.	Continue flexibility; add quadriceps, hip flexor,	Mini-squats	individual functional tasks dependent on
, , , , , , , , , , , , , , , , , , ,	Flexibility: Hamstrings, Calf	gluteals, piriformis, as needed	Wall sits	lifestyle as tolerated.
CPM 6-8 hours per day.	Hip Strengthening: stand,	Stationary Bike	Step-ups forward and lateral	
Bed Mobility and Transfers	supine, side lying	Terminal Knee Extension in	Balance, higher level	
Gait training: WBAT (unless otherwise	Terminal Knee Extension in standing.	standing with tubing	Address functional activity	
noted by MD) with assistive device.	Gait training:	Total Gym, double leg, low level	demands.	NOTE: **This protocol is
Stairs	Assistive device to promote non-antalgic gait.	Double leg balance/proprioception	Gait training: D/C assistive device when gait is non-antalgic	specific to original total knee arthroplasty surgery and may differ
Any Questions? Please contact:		Gait activation - March		if the knee has decreased bone quality,
Northwoods Therapy Associates		- Sidestep		fracture, infection or if
Altoona, WI Chippewa Falls, WI (715) 839-9266 (715) 723-5060		- Backwards Gait training: progress as		this is a revision of the arthroplasty.** Please consult MD.
Reviewed September 2015		tolerated.		