

TOTAL KNEE ARTHROPLASTY

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ACUTE CARE STAY	OUT-PATIENT THERAPY			NOTES:
	<p>1-3 weeks post-operative</p> <p>Continue acute exercises. Increase repetitions, add resistance, focus on quality and technique.</p> <p>NMES – Biphasic Current 250-400 usec, 35-80 pps Initially: 5 sec on/25 sec off for 5 min Progress to: 10 sec on/20 sec off for 10 minutes</p> <p>AROM, AAROM and PROM as tolerated, Goal 0-120°</p> <p>Flexibility: Hamstrings, Calf</p> <p>Isotonic Hip Strengthening: stand, supine, side lying</p> <p>Overball Knee Extension</p> <p>Gait training: Assistive device to promote non-antalgic gait.</p> <p>Cryotherapy & Modalities as appropriate</p>	<p>4-6 weeks post-operative</p> <p>Continue isotonic quadriceps & hip strengthening</p> <p>Continue flexibility: add quadriceps, hip flexor, gluteals, piriformis, as needed</p> <p>Continue ROM as tolerated, Goal 0-135°</p> <p>Stationary Bike</p> <p>Mini Squats</p> <p>Sportcord Knee Extension</p> <p>Total Gym (double leg; stress symmetry)</p> <p>Double leg balance/proprioception</p> <p>Step Ups (4" - 6" step)</p> <p>Gait activation</p> <ul style="list-style-type: none"> - March - Sidestep - Backwards <p>Gait training: Progress. D/C assistive device when gait is non-antalgic.</p>	<p>7-12 weeks post-operative</p> <p>Continue ROM as tolerated, Goal 0-135°</p> <p>Progress quad and hip strengthening</p> <p>Total gym (single leg)</p> <p>Progress double leg balance/proprioception advance to single leg</p> <p>Chair squats (add depth based on functional demands)</p> <p>Wall sits</p> <p>Lunges</p> <p>Lateral Step Ups</p> <p>Step Downs</p> <p>Address functional activity demands.</p>	<p>Important:</p> <p>This protocol should be interpreted as a continuum. If a patient is progressing ahead of the time schedules, advance them as tolerated. Progress to individual functional tasks dependent on lifestyle as tolerated.</p> <hr/> <p>NOTE:</p> <p>**This protocol is specific to original total knee arthroplasty surgery and may differ if the knee has decreased bone quality, fracture, infection, or if this is a revision of the arthroplasty.** Please consult MD</p>
<p>Ankle Pumps Quadricep Sets Straight Leg Raises Heel Slides Short Arc Quads Long Arc Quads Extension Prop</p> <p>AROM, AAROM and PROM as tolerated, Goal 0-120°</p> <p>Bed Mobility and Transfers</p> <p>Gait training: WBAT (unless otherwise noted by MD) with assistive device.</p> <p>Stairs</p> <p>Cryotherapy to control swelling & inflammation</p>				
<p>Any Questions? Please contact: Northwoods Therapy Associates Altoona, WI Chippewa Falls, WI (715) 839-9266 (715) 723-5060</p> <p>December 2022</p>				