



Sports Medicine • Joint Reconstruction • Hand Surgery • Spine Surgery

TKA POST-OP REHAB PROTOCOL

PO Day 1

- Quad sets, SLR, ankle pumps
- CPM

PO Day 2-7

- Transfer training
- Gait training with walker/crutches
- QS, SLR, heel slides, LAQ, ankle pumps
- CPM

Week 2-4

- Ambulate with walker/crutches WBAT
- Isometric and isotonic quad and hamstring exercise
- Increase knee flexion to greater than 100°
- Regain and maintain full knee extension
- Proprioception training
- Scar massage and patellar mobs
- Aquatic rehab
- Progress closed chain strengthening activities

Week 4-8

- Ambulate with cane
- Continue L/E strengthening activities
- Increase knee flexion to greater than 110°
- D/C can when ambulation is without pain or gait deviation

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