

**Total Knee Arthroplasty Protocol
Dr. Schaap**

Time Frame	Treatment	Goals
Post-Op Day	<ul style="list-style-type: none"> -Check for signs of infection-encourage icing program -Home exercise program of quad sets, SLR, SAQ, heel slides, ankle pumps -Active assist range of motion to passive range of motion into flexion and extension -WBAT (unless otherwise stated in operative report) -Exercises 2-3 times daily 	<ul style="list-style-type: none"> -Promote optimal healing of tissue -Attain full extension -100° knee flexion
1-4 weeks post op	<ul style="list-style-type: none"> -Work aggressively toward full extension and maximizing flexion -Start functional exercises and progressive resistive exercises -Open and closed chain exercises -Monitor gait pattern for compensation or deviations -Assist with edema control P.R.N. -3 times per week in clinic 	<ul style="list-style-type: none"> -4/5 strength -110° of knee flexion -Maintain full extension -Normal gait pattern on level surfaces
4 weeks post op	<ul style="list-style-type: none"> -Continue with and progress exercises -Balance and proprioceptive training -1-3 times per week as needed in clinic 	<ul style="list-style-type: none"> -Reciprocal gait ascending and descending stairs -Ambulate without assistive devices -Passive range of motion 0-120° knee flexion
6 weeks post op	<ul style="list-style-type: none"> -Continue with and progress exercises -Scar tissue massage -Monitor in clinic as needed 	<ul style="list-style-type: none"> -5/5 strength -AROM 0-100° knee flexion -Independent with home exercise program