



Call my assistant Cameron for appts, questions, concerns: 307-745-1409
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REHABILITATION GUIDELINES FOR TOTAL KNEE ARTHROPLASTY

Appointments	<p>MD appointment at 2 weeks for suture removal, 6 weeks for follow up</p> <p>Physical therapy 2 x week beginning 2-5 days post op</p>
Rehabilitation Goals	<ul style="list-style-type: none"> • Independent transfers • Safe, independent ambulation, including stairs • Knee range of motion 0-120 degrees
Precautions	<ul style="list-style-type: none"> • Avoid impact activities and prolonged kneeling • Ensure not resting with pillow under knee to prevent flexion contracture • WBAT with walker or crutches
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Patellar mobilization • Immediate post-op: quad sets, glute sets, ankle pumps m • Quad strengthening: Straight leg raise, short arc quads. As able progress into standing with mini squats and terminal knee extensions, eventually into resisted strengthening. • Knee mobility: heel slides, ball rocks, bike, gravity assisted knee ext <ul style="list-style-type: none"> ○ Active assisted knee flexion and extension with over pressure as appropriate • As tolerated, progress program to fit the patient's abilities and goals