



PHYSICAL THERAPY DEPARTMENT
LANDSTUHL REGIONAL MEDICAL CENTER
BUILDING 3770, 12A



TOTAL KNEE AND UNI-COMPARTMENT ARTHROPLASTY

Revised September 2015

Post-Op Days 1-7

Goals

Independent with bed mobility and transfers
Independent ambulation 250 feet with assistive device (AD) as needed
Independent with stairs with AD
Active Range of Motion (AROM) 0-90 degrees

Exercises

TED Hose x 6 weeks
Walker or crutches: Weight bearing as tolerated (WBAT)
Quad sets with electrical stimulation in full knee extension
Bed mobility and transfers
Heel slides- AROM, Active Assisted Range of Motion (AAROM), Passive Range of Motion (PROM)
Straight leg raise (SLR) x 4 in standing
Short arc quads
Calf pumping
Co-contractions quads/hams
Manual therapy to increase knee flexion and extension
Passive extension with heel on bolster or prone hangs
Ice and elevation- Pillow under ankle NOT knee

Weeks 1-3

Goals

ROM 0-110 degrees
No extensor lag
Ambulate 1000 feet with AD as needed

Teach Patient

Patellar mobilization
Scar massage when incision healed

Exercises

Walker or crutches: WBAT, progress to cane and D/C when gait is normal
Continue TED hose and appropriate previous exercises
AROM, AAROM, PROM through full range as tolerated
Stationary bike for ROM
Electrical stimulation in full extension with quad sets and SLR

SLR x4 on mat
Wall sit/ squats (0-45 degrees)
Manual therapy to increase knee flexion and extension
Stretches- Hamstring, hip flexors, calf
Forward, retro and lateral walking

Weeks 3-6

Goals

ROM 0-120 degrees
Normal gait
Independent with stairs with a cane

Exercises

Cane as needed, D/C when gait is normal
Continue TED Hose and appropriate previous exercises
Sit to stand with holds
Wall squats
Band walking- Forward, retro, and lateral
SLR x 4 on mat, add ankle weights as tolerated
Leg press (double leg and eccentrically on the affected leg) up to ½ body weight
Hamstring curls with light weight as tolerated
Sitting knee extension (chair or mat) 90-0 degrees
Stationary bike for progressive resistance and time
Forward, retro and lateral step downs (small to med step)
Single leg heel raises
Manual therapy to increase knee flexion and extension, as needed
Proprioception exercises- Cone walking, Biodex, etc.

Weeks 6-9

Goal

ROM within function limits

Exercises

D/C TED Hose
Continue appropriate previous exercises
Pool therapy, if scar is healed
Standing SLR x 4 with Theraband bilaterally
Eccentric seated knee extensions
Proprioception exercises- Single leg standing, rebounder, Biodex, etc.
Treadmill- Walking progression program
Elliptical trainer

Week 9-12

Goals

Walk x 20 minutes
Independent with stairs, step over step

Exercises

Continue appropriate previous exercises
Leg press- Single leg
Cone drills- Side step, cariocas, elevated walking
Multidirectional lunges
Star excursion balance testing
Pool therapy
Quad stretches

Months 3-4

Independent with home exercise program and activities of daily living
Discontinue supervised PT
Resume all recreational activities as tolerated
Encourage non-impact activities

Sport Activities

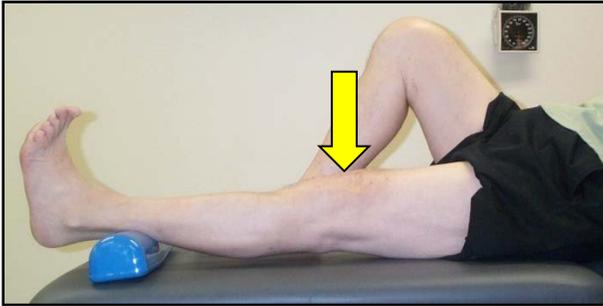
Sports Not Contraindicated	Postoperative Initiation	Return to Previous Level of Activity
Swimming	Pool aquatic activity at 6 weeks if wound healed	1 year
Bowling	3 months	6 months
Golfing	Chipping and putting-3 months Driving- 6 months	May begin at 6 months, Full activity at 1 year
Tennis doubles	6 months	1 year
Horseback Riding	3- 5 months if experienced	1 year
Bicycling	Stationary (at home) – 2 months Outdoor- 3 months	1 year

JOHN VONDUSKA
LTC, SP
Chief, Physical Therapy

ADAM GROTH
LTC, MC
Chief, Orthopedics

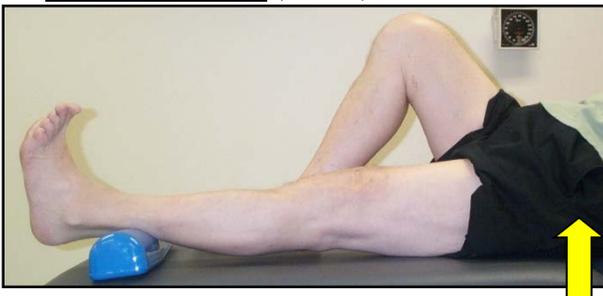
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#1: QUAD SETS (10 / HR)



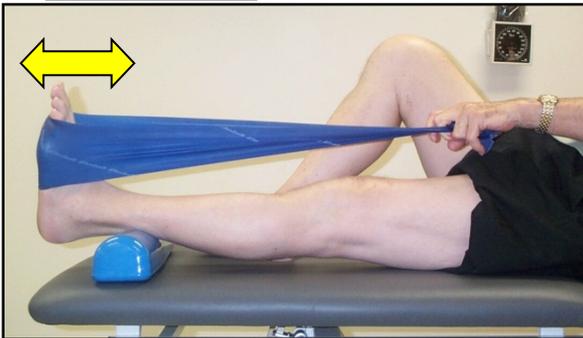
Tighten the muscle on top of your thigh by pushing your knee down into the bed.
Hold 3-5 seconds.

#3: GLUTEAL SETS (10/HR)



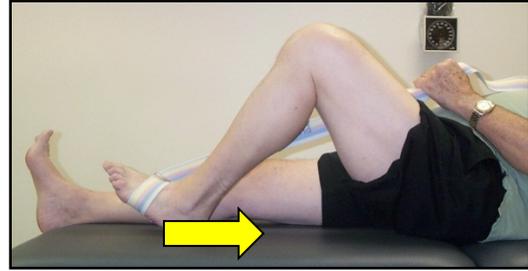
Tighten your buttocks muscles together.
Hold 3-5 seconds.

#5: ANKLE PUMPS (10 / HR)



Slowly bend and straighten ankle moving through your full range of motion.

#2: HEEL SLIDES (3 X 10) 3 Sets/ Day



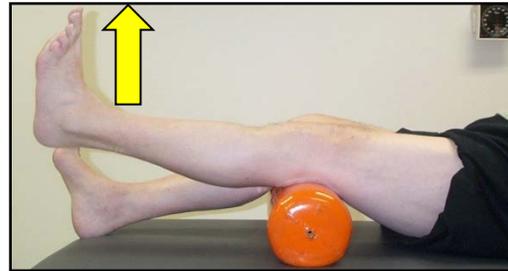
Bend your knee by slowly sliding your foot towards your buttocks. Hold for 3-5 seconds.

#4: STRAIGHT LEG RAISES (3X10) 3Sets/Day



Tighten the muscle on the front of your thigh. Lift your leg 8-10" off the bed, keeping knee locked. Slowly lower.

#6: SHORT ARC QUADS (3X10) 3 Sets/Day



With bolster or pillow under knee, tighten the muscle on the front of your thigh until your knee is straight. Slowly lower.

#7: ICE IN EXTENSION



With knee propped straight, apply ice for 15-20 minutes. Ice your knee every 2-3 hours.

**Landstuhl Regional Medical Center
Outpatient Physical Therapy (Ward 12A)**

LRMC Appointment Line DSN: 590-LRMC (5762)

**CIV: 06371-9464-LRMC (5762)
Hours of Operation: 0730-1630**

Physical Therapy Appointment

Unless otherwise instructed by your surgeon, you should be seen in Physical Therapy within 5-7 days from your hospital discharge.

You will be responsible for calling the Physical Therapy Department closest to your duty station or home. If you are required to come to Landstuhl Therapy, you will be given a time and date of your outpatient appointment before you are discharged from the hospital.