



Knee Arthroplasty Rehab Protocol

Phase 1 (0-4 weeks)

- Walker/Crutches for support with weight bearing as tolerated
- Keep incision site dry
- Cryotherapy and other modalities with skin protection as needed
- Gentle AROM/PROM as tolerated, goal of 90deg by 2-3 weeks postop; patellar mobilization
- Submaximal pain-free isometrics, heel slides, quad recruitment
- Core stabilization exercises, upper body aerobic as tolerated, balance/proprioception
- Precautions:*
 - If wound issues (dehiscence, redness) notify my office and restrict deep flexion
 - Ted hose for long drives/flights in first 3 months

Phase 2 (4-8 weeks)

- Gradual increase in intensity of closed chain gluteal/quad/hamstring strengthening
- Cryotherapy, NSAID's continues prn
- AROM past 110degrees
- Patellar mobilization, continued balance/proprioception with emphasis on weaning assist device as heel-toe gait improves

Phase 3 (8-12 weeks)

- Increase independent stair function, walking endurance
- Continued low impact training
- Initiate lateral training exercises (lateral steps, etc.)

Phase 4 (12-16 weeks)

- Progress to home exercise program with introduction of twisting/pivoting
- Gradual return to normal activities

*Goals: return to strenuous work and hobbies at 4-6 months

*Emphasize that improvements continue up to one year postop



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- ***Partial knee replacement** can typically be accelerated so that each phase is 2-3 weeks
- *Kneeling may always be difficult on the new knee, but sometimes becomes more comfortable with time