

Sabrina Strickland, MD
Hospital for Special Surgery
523 East 72nd Street
2nd Floor
New York NY 10021-4099

**TOTAL KNEE REPLACEMENT/PARTIAL KNEE REPLACEMENT/PATELLOFEMORAL JOINT REPLACEMENT
PROTOCOL**

	Weight bearing Status	Brace	Range of Motion	Recommended Therapeutic Exercises	PATIENT'S CHECKLIST
Week 0-6	Full (as tolerated) Use crutches until discontinued by your physical therapist.	Only as needed	Full 0-130	<ol style="list-style-type: none"> 1. Emphasize patient compliance to Home Exercise Program (HEP) and weight bearing precautions/progression 2. Sitting knee ROM exercise: A/AAROM knee flexion, AAROM/PROM Knee Extension 3. Quad set with towel roll under knee 4. Patella mobilization 5. ROM: WNLs 6. Normalize gait on level surfaces and stairs 	<ul style="list-style-type: none"> <input type="checkbox"/> Day 1-2: take off Ace-wrap <input type="checkbox"/> Focus on regaining FULL EXTENSION <input type="checkbox"/> Exercise 4x-6x daily and use Ice <input type="checkbox"/> Keep up with range of motion 0-90 by end of 2-3 week. <input type="checkbox"/> <u>Remove</u> the brace for range of motion exercises AND at rest. Walk with brace as needed. <input type="checkbox"/> Swelling AND/OR bruising may pool behind the knee, ankle, and foot (normal). IF you have calf persistent calf pain, call the office. <input type="checkbox"/> Make appointment with physical therapy, start in about 1-2 weeks of surgery.
Week 6-24+	Full	None	Full	<ol style="list-style-type: none"> 1. Continue ROM and strength exercises as needed 2. Add step-downs/ups, lunges, and/or partial squats as tolerated 3. Add eccentric quadriceps and hamstring exercises 4. Increase resistance on stationary bicycle 5. Continue strength exercises 6. Add plyometric exercises as needed 7. Begin practicing skills specific to the activity (i.e., work, recreational activity, sport, etc.) 	

CRITERIA FOR ADVANCEMENT:

ROM WNLs

No pain or swelling

Normalize gait

Ability to demonstrate alignment, control, stability in single limb stance during dynamic activities

Able to ascend 6"/ 8" step with good control, and alignment

Able to descend 6"/ 8" step with good control, and alignment

Symmetry, quality, alignment during selected