

FORCE ORTHOPAEDICS TKA/ PKA PROTOCOL

Post Discharge from Hospital

Phase I: (0-2 weeks post-op)

1. Decrease swelling and minimize pain
2. Increase range of motion within tolerable pain ranges
3. Progress to a normal gait pattern without an assistive device for level surfaces and stairs
4. Increase lower extremity strength throughout the entire chain and core in pain free ranges

Goals:

PROM 0-80 degrees (0-3 days post-op)

PROM 0-105 degrees (2 weeks post-op)

Good quad set

Independent straight leg raise

Weight bearing as tolerated

Ambulate with appropriate assistive device at least 25 feet on day of surgery.

Ambulate with appropriate assistive device 25-100 feet (day 0-3).

Ambulate with appropriate assistive device at least 300 feet by 2 weeks post-op.

Can discharge assistive device per therapist's discretion.

Pain-free strengthening

***Edema Control ***

Pain control ($\leq 4/10$) at all times

Indicated Exercises: 3x/day

1. Heel slides with assistance of a towel, belt, or theraband
2. Quad sets with hamstring co-contraction
3. Ankle pumps every hour
4. Gastroc towel stretch for calf and knee extension stretching (30 second holds)
5. Straight leg raises with slight hip external rotation
6. Heel props to increase knee extension (**No towel under knee at any time except with SAQ**)
7. Gluteal squeezes
8. Cryotherapy 20 minutes every 1-2 hours for pain control
9. Recumbent bike or NuStep for gentle range of motion
10. Progress strengthening exercises based on patient's pain.
11. Gait training on level surfaces and stairs as appropriate.
12. Transfer training
13. Modalities for pain control

Phase II: (2 weeks- 3 months)

1. Normal gait pattern without assistive device on all surfaces.
2. Minimal to no pain with activity or at rest.
3. Sleep through the night.
4. Can start aquatic therapy as appropriate once sutures are removed.
5. Return to normal daily activities when appropriate.

Goals:

PROM 0-120 degrees by 6 weeks to 3 months
≥ 300 feet ambulating by 2-weeks post-op with appropriate assistive device

Indicated Exercises:

1. ROM
2. Bike/ NuStep/ Treadmill
3. Aquatic Therapy
4. Strengthening exercises
5. Proprioception
6. Gait training
7. Cryotherapy
8. Modalities for pain control
9. Progression to functional activities as appropriate
10. Patellar mobilization
11. Knee joint mobilizations as needed
12. Gentle scar massage