



# ORTHOPEDICS & SPORTS MEDICINE

BAYCARE CLINIC®

## Dr. Klumb Total Knee

### Phase 1- Early Protective Phase – Weeks 0 - 2

#### Goals for phase 1

- Pain and edema control
- DVT prevention
- Normalize muscle activation.
- Normalize gait pattern with proper lower extremity biomechanics
- Independence with ADLs

#### Post-Operative Physical Therapy

- 1<sup>st</sup> Visit to occur 2-3 days post op

#### Weight Bearing

- Full weight bearing following surgery, unless otherwise stated in OP note
- Use AD for 2 weeks post op, wean to SPC when safe

#### ROM

- 0-90 degrees by 2 weeks post op
  - Can progress further as long as soft tissue swelling is under control

#### Manual Therapy

- Start patellar mobilizations
- Scar massage when incisions are closed

#### Wound Care

- Wound should remain covered for the first 2 weeks

#### Edema Management

- Cryotherapy, 4-5x per day for 20 min each with leg elevated

#### Strengthening

- Quadricep activation
- Immediate: Heel slides, SAQ, LAQ, SLR-4 ways, ankle pumps, bridges, glut sets
- 1-2 weeks post op: Step ups, mini squats/sit-stand, hamstring curls, prone hamstring curls, etc.

#### Neuromuscular Control

- DL balance – progress to unstable surfaces
- NMES as needed to improve quad control



## Phase 2 – Intermediate Phase – Weeks 2-8

### Goals for phase 2

- Wean from assistive device.
- Restore full range of motion
- Tolerate ADLs with minimal pain

### Ambulation

- Wean from assistive device when appropriate LE motor control is achieved. No quad lag with SLR and no signs of quad inhibition.

### ROM

- 0-120 degrees is the goal, can progress past this if tolerated

### Manual Therapy

- Patellar mobilizations

### Scar Management

- Scar mobilization as needed.

### Edema Management

- Continue to ice and elevate as needed to control swelling and pain

### Strengthening

- Wall squats, mini lunges forward and lateral, step ups -working to increase the height, 4 way hip, leg press, side steps with band, etc.
- Avoid aggressive strengthening till after 6 weeks

### Neuromuscular Control

- SL balance drills