



## **Dr. Boyette Knee Procedures**

### **Knee Procedures**

[Total Knee Replacement](#)

## Total Knee Replacement

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
<b>Post-op to week 3</b>	Safe ambulation with crutches, walker or cane on level surfaces ROM 0-90 degrees Control post-op edema Good quadriceps contraction	Protect integrity of incision Observe for signs and symptoms of DVT	Heel slides Quad sets Gluteal sets Ankle pumps Hip abduction Extension/ flexion focused ROM activities within parameters Patellar mobilizations
<b>Week 3 to Week 6</b>	ROM 0-120 degrees Progressing proper gait patterns with/without AD Scar management	Avoid tendonitis	Leg press- ROM Hamstring curls Standing TKE, hip abduction, hip flexion, hip extension Bridges Prone hang Short arc quads Biking Pool walking
<b>Week 6-12</b>	Independent with ADLs Safe ambulation on uneven surfaces with/ without assistive device Normalized gait pattern without assistive device Independent with HEP Meet return to work requirements Increase quadricep strength		Squats (increased depth/ weight acceptance) Double and single leg balance activities Forward/ lateral step ups Pool dips Leg press- low weight x high reps progression Long arc quads

### DISCHARGE RECOMMENDATIONS:

- Safe normalized gait pattern without assistive device
- Ascend and descend stairs in reciprocal pattern
- No extension lag
- Normal ADL function