

**Total Knee Arthroplasty**  
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**Central Kansas  
Orthopedic Group**  
SURGICAL SPECIALISTS & PHYSICAL THERAPY

**0-14 days:**

*Home Exercise Program:*

1. Quad Sets
2. Straight Leg Raise (goal of no extension lag)
3. Hip Isotonics (abduction, extension)
4. Knee flexion: (ball rolling, heel slides, chair slides)
5. Knee extension: (prone hangs, sustained knee extension stretches)

*Goals:*

1. 0 -90 degrees
2. Straight Leg Raise w/o extension lag

*Clinic Activities:*

1. Manual Therapy (mobilizations to promote flexion, extension)
2. Gait activities to decrease antalgic gait
3. Closed Kinetic Chain hip, knee, and LE strengthening (total gym squats, standing hip abduction/extension, calf raises, standing hamstring curls, etc)
4. Modalities: Russian stimulation for quadriceps recruitment, electrotherapy/ cryotherapy for swelling reduction

**Weeks 2 - 4:**

*Home Exercise Program:*

1. Cardiovascular exercise: stationary bicycle (10-20 min. per day)
2. Walking program: 5-10 min per day
3. Flexion/extension: continue per progress as needed
4. Single leg balance activities, balance activities

*Goals:*

1. 0 – 110 degrees
2. Non-Trendelenburg gait cycle
3. Improved sleep, swelling, and pain

*Clinic Activities:*

1. Balance and proprioception activities (ladder, dynamic stability, visual stimulation)
2. Manual therapy to progress Range of Motion (contact Physician if complications)
3. Upper level strengthening: closed and open kinetic chain exercises
4. Resisted walking
5. Cardio: bike, treadmill

## **Weeks 4 - 6:**

### *Home Exercise Program:*

1. Cardiovascular exercise: 20+ min/day of combination of exercise (walking, biking, swimming)
2. Stretching: general LE stretches (hamstrings, quadriceps)

### *Goals:*

1. Independent with fitness program/Home exercise program
2. 5/5 with hip manual muscle tests, 4+/5 quadriceps strength
3. Reciprocating stairs (6-8")
4. Return to work or full ADL's at home

### *Clinic Activities:*

1. Upper level balance, proprioception, single and double LE's
2. Squats and full body weight activities (open and closed kinetic chain)
3. Manual therapy: push into full flexion/extension
4. Set up on final home exercise program to focus on weaknesses
5. Work on proper body mechanics with squatting, lifting, etc.