

PHYSICAL THERAPY PROTOCOLS
KNEE: TKA, REVISION TKA, BILATERAL TKA, UKA, and BILATERAL UKA

	Weight Bearing	Exercises/Education	Home Instruction Handouts	Precautions	Other Comments
KNEE WBAT Protocol	<p>-Weight bearing as tolerated with walker or crutches</p> <p>-Advance to cane when steady on feet, discontinue when pain free and no limp</p> <p>-Range of motion is the primary focus of therapy with emphasis on extension during the first 6-8 wks or until ROM goals consistently met.</p> <p>POD 0: Edge of bed or chair with nursing</p> <p>POD 1: Expectation of twice a day physical therapy. Touch weight bearing if weakness present from pain block. Initiate bed mobility, transfer training, gait training (primary emphasis). Start total knee arthroplasty exercise program and issue handouts.</p> <p>POD2: Expectation of twice a day physical therapy. Continue bed mobility, transfer training, gait training, and knee exercises. Initiate stair training.</p> <p>Range of motion goal: 0-90 degrees.</p> <p>If knee range of motion not met, do not delay discharge.</p> <p>Occupational Therapy will be consulted by the Physical Therapist on a case by case basis for adaptive equipment and activities of daily living training.</p>	<p>-Active assisted range of motion to active range of motion</p> <p>-Seated knee flexion stretch</p> <p>-Supine or seated knee extension stretch</p> <p>-Isometric quadriceps strengthening</p> <ol style="list-style-type: none"> 1. Supine quad sets 2. Seated quad sets to antigravity <p>-No aggressive strengthening the first twelve weeks</p> <p>-Limit knee range of motion 0-100 degrees until discharge from hospital.</p>	<p>-Exercises for the Quadriceps and Ankles</p> <p>-Exercises Following Total Knee Arthroplasty</p> <p>Give the following home instructions based on home-going equipment needs:</p> <p>-How to Use a Cane</p> <p>-Crutch Walking</p> <p>-Using a Walker</p> <p>-Bathroom Safety Equipment</p>		<p>- Please notify Dr. Wulf with any concerns. OK to call and Dr. Wulf will see patients during therapy sessions</p> <p>-Length of Stay Expectation 2-3 nights</p> <p>-Outpatient physical therapy 2-3x/week for 3-6 weeks (aaron, arom, gentle stretching, ice, no strengthening with weights)</p> <p>-Knee range of motion goal 0-110 degrees by orthopedic recheck</p>

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