# Uni/Total Knee Arthroplasty

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<th>Phase/Time Frame</th>
<th>Weight Bearing</th>
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<td><strong>I (Days 1-5)</strong></td>
<td>WBAT with assistive device</td>
<td>Immobilizer</td>
<td>PROM/AAROM/AROM: knee flexion, extension Discus positioning to avoid flexion contracture.</td>
<td>Strength: Isometric quads, isometric hamstrings, SLR flexion, ankle pumps, short arc quads PROM: knee flexion, extension Heel slides, Knee AAROM</td>
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**Phase I Precautions:** Wound healing  
**Phase I Goals:** ROM: full hyperextension-90°, control pain, manage edema, quad activation

| II (Week 1-3) | WBAT with assistive device until heel-toe gait is achieved and patient has good quad function. | Immobilizer until patient is able to perform a SLR without lag | ROM: flexion/extension as tolerated with PROM, AAROM, AROM. Encourage frequent stretching into flexion and prolonged extension. Stretching of gastroc/soleus, hamstrings. Soft tissue and myofascial release as needed Add bike as patient reaches 90° flexion--no resistance | Strength: Heel slide, flexion SLR, extension SLR, abduction SLR, clamshell. Add CKC such as TKE (Don Tigney), hamstring curls, toe raises, mini-squats, leg press, single leg balance within patient tolerance. NMES or biofeedback as necessary for quad function. |

**Phase II Precautions:** Wound healing  
**Phase II Goals:** Good quad function, ROM: full hyperextension-100° or as tolerated, limited community ambulation

| III (week 3-6) | Normal gait, no assistive device | None | ROM: Continue to progress as above | Strength: Progress to single leg CKC with step ups, step downs. Knee bends in full ROM (90°). Progress proprioception. Increase bike time to 20-30 minutes, and walking time from 5-20 minutes. Patient can begin swimming/pool exercise as incision healing allows. |

**Phase III Precautions:** None  
**Phase III Goals:** ROM: full hyperextension-120°, NL gait, stair climbing for ADLs around the home
| IV (week 6-12) | Normal gait | None | ROM: address any lack of ROM with manual techniques. | Strength: increase repetitions and/or intensity of previous exercises. May add advanced CKC: single leg knee bends, lunges, etc.  
FWB proprioception exercises.  
Add elliptical, stair master, and increase bike intensity.  
Add activity specific exercises as needed for anticipated activity level. |

**Phase IV Precautions:** None  
**Phase IV Goals:** 20-30 minutes ambulation tolerance, good quad strength, discharge to health club program when independent.

***UPDATED 12-2008***