



Cartilage Repair Center

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Knee Arthroplasty Rehabilitation Protocol

Phase I (0-6 weeks)

- Goals
 - Reduce pain and swelling
 - Restore ROM
 - Full knee extension in 2 weeks
 - 90 degree knee flexion in 1 week
 - 120 degree knee flexion in 3 weeks
 - Full knee ROM in 6 weeks
 - Restore normal gait
 - Restore active extension and quadriceps function
- Exercises: Quad sets, straight leg raise (SLR), isometric hamstring, heel/toe raises
- Balance and proprioception exercises
- Functional exercises (sit to stand, hip/gluteal exercises, core stabilization)
- Patella mobilization/soft tissue mobilization as needed
- Modalities per PT

Phase I (4-6 weeks)

- Patients should be walking without a limp and ROM should be almost full (5 degree extension to >110 degree flexion) by week 6
- Front and lateral step up and step down
- Aquatic therapy (after week 4 and incision check)

Progression criteria:

AROM 5 degrees – 110 degrees; good, active quadriceps control; independent ambulation; minimal pain and inflammation

Phase II (7-12 weeks)

- Continue above exercises
- Maximize ROM (0 degrees to 120 degrees)
- Maximize strength in lower extremity musculature
- Return to functional activities; begin light recreational activities (walking, pool program)

Progression criteria:

Painless A/PROM; 4+/5 muscular strength; minimal to no pain or swelling

Phase III (12+ weeks)

- Return to appropriate recreational activities
- Enhance strength, endurance, proprioception for ADL and recreational activities



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