

# Total Knee Replacement Physical Therapy Protocol

## Week 1:

- Goals: Initiate HEP, encourage WBAT mobility with FWW, manage pain/edema, 0-105 degrees AROM
- Exercises: QS, SAQ, assisted heel slides, SLRs, LAQs, hip flexion

## Week 2:

- Goals: Advance HEP, initiate ambulation with SPC, develop quadriceps recruitment
- Additional Exercises: HS curls, TKE, assisted TKE, leg press, NuStep, heel raises

## Weeks 3-6:

- Goals: Advance HEP, perfect gait pattern with SPC and initiate transition to ambulation without AD, develop strength, 0-120 degrees AROM
- Additional Exercises: Step ups, squats, lunges, recumbent bike, single leg stance

### Abbreviations:

AD:	assist device	QS:	quad sets
AROM:	active range of motion	SAQ:	short arc quad
FWW:	front wheeled walker	SLRs:	straight leg raises
HEP:	home exercise program	SPC:	single point contact
HS:	hamstring	TKE:	terminal knee extension
LAQs:	long arc quads	WBAT:	weight bear as tolerated

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