

Total Knee Rehabilitation

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PHYSICAL THERAPY TO INCLUDE:

- Limited weight-bearing with assistive device for one week minimum
- Perform 5-8 minutes of range of motions exercises every hour while awake
 - Seated heel flexion/heel slides (10 reps)
 - Passive/active assisted knee extension (10 reps)
 - Ankle pumps (10 reps)
 - Walk (10 steps)
- Perform 10-minute heel hang three times each day.
- Elevate and ice operative leg (toes above nose) 40 minutes every hour for the first 10 to 14 days.
- Limit going up and down stairs as much as possible.
- Isometric quadriceps sets in full extension; no isotonic or closed kinetic chain strengthening.
- Focus on range of motion with minimum goal of 0-110 degrees by day 14.

STEP COUNT

- **Week One** – 750 steps per day maximum
- **Week Two** – 1200 steps per day maximum