



**REHABILITATION GUIDELINES FOR
TOTAL KNEE ARTHROPLASTY**

| | |
|--|--|
| <p>Appointments</p> | <p>Physical therapy for 1-2 visits prior for training on devices, home program</p> <p>Physical Therapy starts 3-5 days post-operatively, 3X/week</p> |
| <p>Rehabilitation Goals</p> | <ul style="list-style-type: none"> • Control pain and swelling immediately post-op • Restore functional independence • Knee range of motion 0-120 degrees |
| <p>Precautions</p> | <ul style="list-style-type: none"> • Avoid impact activities and prolonged kneeling • Ensure not resting with pillow under knee to prevent flexion contracture • WBAT with walker or crutches • Screen for DVT |
| <p>Suggested Therapeutic Exercises</p> | <ul style="list-style-type: none"> • May progress the program as tolerated • Ensure focus on early return of ROM |