

TOTAL KNEE REPLACEMENT

DAY 0 - DAY 5

As soon as the anesthesia effect wean off we should try to incorporate exercises at earliest

- ✓ Ankle toe pumps
- ✓ Static quads, Static Hams
- ✓ Gentle heel slides
- ✓ Abduction in supine lying
- ✓ Straight leg raise in supine
- ✓ Dynamic quads in high sitting to be achieved on day 1
- ✓ Walker aided ambulation after 48 hours of surgery
- ✓ Ice packs for pain management
- ✓ Use of raised toilet seat to minimize the strain on affected joint

WEEK 1 - WEEK 2

After getting discharge from the hospital, Patient is advised to continue doing the same exercises at least 3-4 times a day. (Till stitch removal)

WEEK 2 - WEEK 6

- ✓ Emphasis on VMO strengthening exercises
- ✓ Knee bending beyond 90°, in supine and prone positions
- ✓ Complete hip ROM
- ✓ Continue with previous exercises
- ✓ VMO strengthening exercises
- ✓ Stick aided full weight bearing ambulation with proper Heel toe pattern
- ✓ Stair climbing initiated
- ✓ Gradual decrease in height of the toilet seat at the end of six weeks

WEEK 6 - WEEK 8

- ✓ Gradually increase the walking time outside the house without any assisted device
- ✓ Proprioceptive and Balance Training and Exercises and its progressions
- ✓ Wall Squats and Mini-Squats

WEEK 8 - WEEK 12

- ✓ Continue previous exercises
- ✓ Progression of ambulation on uneven surface and stairs (both ascend and descend)
- ✓ Emphasis on enhancement of eccentric contraction and eccentric control of knee
- ✓ Treadmill walking for proper and efficient gait pattern
- ✓ Sit to stand with gradual decrease in height not less than 12 inches



Before



After

