

Appendix 2: Rehabilitation Protocol Summary for the First Six Months Following Total Knee Replacement



Cincinnati Sportsmedicine and Orthopaedic Center
**Rehabilitation Protocol Summary for
 Total Knee Replacement**

	Postoperative Weeks					Postop Months		
	1-2	3-4	5-6	7-8	9-12	4	5	6
Brace: High risk patients only (concurrent patellar realignment, MCL repair, lack quad control, difficulty with balance/coordination)	X	X						
Range of motion minimum goals: 0°-100° 0°-120°	X	X						
Weight bearing: Toe touch - 1/2 body weight Full	X	X						
Patella mobilization	X	X	X	X				
Modalities: Electrical muscle stimulation (EMS) Pain/edema management (cryotherapy)	X X	X X	X X	X X	X X	X X	X X	X X
Stretching: Hamstring, gastroc-soleus, iliotibial band, quadriceps	X	X	X	X	X	X	X	X
Strengthening: Quad isometrics, straight leg raises Closed-chain: gait retraining, toe raises, wall sits, mini-squats Knee flexion hamstring curls (90°) Knee extension quads (90°-30°) Hip abduction-adduction, multi-hip Leg press (70°-10°)	X	X X	X X	X X	X X	X X	X X	X X
Balance/proprioceptive training: Weight-shifting, mini-trampoline, BAPS, BBS, plyometrics		X	X	X	X	X	X	X
Conditioning: UBC Bike (stationary) Aquatic program Swimming (kicking) Walking Stair climbing machine Ski machine		X X	X X	X X	X X	X X	X X	X X

BAPS = Biomechanical Ankle Platform System (Camp, Jackson, MI), BBS = Biodex Balance System (Biodex Medical Systems, Inc, Shirley, NY), UBC = upper body cycle (Biodex Medical Systems, Inc, Shirley, NY).