



Andrew D. Pearle, MD  
Orthopaedic Surgery & Sports Medicine  
535 East 70<sup>th</sup> Street  
New York, NY 10021  
Tel (212) 774-2878  
Fax (212) 774-2798  
[www.andrewpearle.com](http://www.andrewpearle.com)

## **TOTAL KNEE REPLACEMENT POST-OPERATIVE REHABILITATION GUIDELINES**

### **POST - OPERATIVE WEEKS 2 - 4**

#### **Exercises/Therapy:**

Physical Therapy 2 - 3 times per week if deemed necessary by physician  
Continue with home exercises and progressive resistance.  
Begin stationary cycle when AROM is sufficient.  
Scar mobilization once staples removed.  
Patella mobilization.

#### **Range of Motion:**

0 - 90 degrees (minimum) but 5 - 10 degrees extensor lag not unusual.

#### **Ambulation:**

Independent ambulation on level surfaces and stairs with assistive device.  
Patient is weight bearing as tolerated unless otherwise instructed by physician

### **POST - OPERATIVE WEEKS 4 - 5**

#### **Exercises/Therapy:**

Physical therapy 2 times per week.  
Progress exercise program which addresses deficiencies in AROM, strength and balance or gait.

#### **Range of Motion:**

0 - 110/115 degrees.

### **POST - OPERATIVE WEEK 6**

#### **Exercises/Therapy:**

Begin closed chain knee exercises (quad dips/step-ups/hamstring exercises)  
Progress stationary bicycling.  
Move towards discharge from PT and place on independent HEP, unless otherwise prescribed by surgeon.  
Encourage community pool program.

#### **Range of Motion:**

0 - 120 degrees.

#### **Ambulation:**

Weight bearing as tolerated with ambulatory aid, if needed.  
Continuation of assistive device will depend on physician. Consult physician.

### **POST - OPERATIVE WEEK 12**

Continue previous home exercises once per day.  
Full control and no effusion.