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Knee Replacement Rehab Protocol

Thomas Burns, MD

WEEKS 1-4

(Often performed by home health agency)

Ambulation training with walker or crutches

Range of motion

Strengthening

- Quad sets, calf raises, hamstrings, hip muscles

- Leg presses if progressing quickly

Lower extremity swelling control

Proprioception

Modalities as needed

WEEKS 4-8

Continue ambulation training.

Wean to cane or nothing if progressing quickly

Stretching and ROM

- Regain full extension

- Home stretches

Continue strengthening all muscle groups

Proprioception

Modalities

WEEKS 9-12

Wean off ambulation aids as tolerated

Progress stretching and strengthening with home teaching