

TOTAL KNEE ARTHROPLASTY REHAB GUIDANCE

The enclosed information is an example of a structured plan and should not be replaced as medical advice or carried out without a trained individual's guidance.

Bodylogics can take no responsibility for those who decide to take this as medical advice without first undertaking a thorough assessment to evaluate your individual needs.

For more information on our total knee arthroplasty rehabilitation programme then please feel free to contact us to discuss how we may be able to assist you in your recovery.



BODYLOGICS
Health and Fitness Clinic

To find out more and for more information:

CONTACT US



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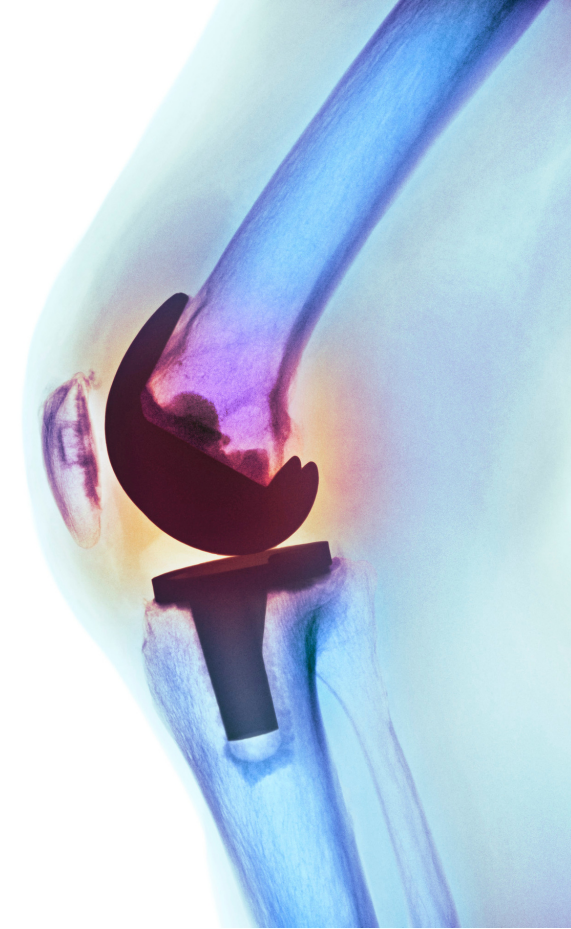
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TOTAL KNEE ARTHROPLASTY REHABILITATION PROTOCOL

Providing the highest
quality care alongside the latest
research

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STAGE 1 - 0-2 WEEKS POST-SURGERY

- Decrease pain and oedema.
- Range of motion <90 degrees (until stitches removed).
- Initiate quad sets, balance training and proprioception exercises.

STAGE 2 - 2-4 WEEKS POST-SURGERY

- Decreased pain and oedema.
- Range of motion < 10 degrees extension to 100 degrees.
- Incorporate functional exercises as able.

STAGE 3 - WEEK 4-6 POST-SURGERY

- Gait without a limp.
- Range of motion < 5 degrees extension to 110 degrees.
- Introduce walking outside and resistance training as able.

STAGE 4 - WEEK 6-8 POST-SURGERY

- Patients should be walking without a limp.
- Range of motion should be 0 to 115 degrees.
- Introduce lateral training to aid recovery and function



STAGE 5 - WEEK 8-12 POST SURGERY

- Range of motion within functional limits.
- Return to all functional activities.
- Begin to incorporate patient specific tasks (sport, hobbies, etc...).

Discharge criteria:

Patients confident in continuing own individual home based programme to aid recovery and maintain status of new knee.