BaylorScott&White
ORTHOPEDIC ASSOCIATES OF DALLAS
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Total Knee Arthroplasty

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	WEIGHT BEARING	THERAPEUTIC EXERCISE
Phase I **0–7 days** GOAL TO ADVANCE *Safe walking at home*	Full extension (heel prop, no pillow under knee); flexion to ≥90°	Weight bearing as tolerated with walker	Quad sets, straight-leg raises, ankle pumps, heel slides, kneecap mobilization; ice, elevation, compression
Phase II **1–4 weeks** GOAL TO ADVANCE *Flexion >90°; extension lag resolving*	Extension 0°; flexion >90° → 100-110°	Walker → cane	Wall slides, bike, hip/quad/hamstring strengthening; avoid twisting on the knee
Phase III **4–8 weeks** GOAL TO ADVANCE *Controlled 6" step; pain-free daily activity*	Flexion >110° (goal 0-120°)	Discontinue device with normal gait	6" step-ups/downs, leg press, mini-squats, single-leg balance, backward walking
Phase IV **8–12 weeks** GOAL TO ADVANCE *Quad strength 80-90% of other side*	Full	Full	Progressive resistance, endurance, stairs step-over-step, community walking
Phase V **12+ weeks** GOAL TO ADVANCE *Physician clearance*	Full without discomfort	Full	Cycling, swimming, golf, doubles tennis**

NOTES

IMPORTANT: If you cannot bend the knee to 90° by 6 weeks, contact the office

**If approved by physician

This protocol is a guideline. Your surgeon may adjust it based on your surgery and progress.
Call the office for fever, wound drainage, calf pain or swelling, or new numbness or tingling.

Questions: 469.800.7200
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