

Total Knee Replacement

Name: _____ Date: ____ / ____ / ____

• = Do exercise for that week/month

Week

Month

ROM Restrictions:	Initial Exercise	1	2	3	4	5	6	7	8	9	10	3	4	5	6
	_____	Extension/flexion – wall slides	•	•	•	•	•	•	•	•	•	•			
_____	Extension/flexion – sitting	•	•	•	•	•	•	•	•	•	•				
_____	Extension/flexion – prone	•	•	•	•	•	•	•	•	•	•				
_____	Quad sets with straight leg raises	•	•	•	•	•	•	•	•	•	•				
_____	Hamstring sets	•	•	•	•	•	•	•	•	•	•				
_____	Patella/tendon mobs	•	•	•	•	•	•	•	•	•	•	•			
_____	Ankle pumps	•	•	•	•										
Brace Settings:	Sit and reach for hamstrings (towel)	•	•	•	•	•	•	•	•	•	•	•	•	•	•
_____	Runners stretch for calf and achilles	•	•	•	•	•	•	•	•	•	•	•	•	•	•
_____	Stork stand for quadriceps														
_____	Toe and heel raises	•	•	•	•	•	•	•	•	•	•				
_____	1/3 knee bends				•	•	•	•	•	•	•				
_____	Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	3	4	5	6
_____	Bike with single leg/single leg rowing	•	•	•	•	•	•	•	•	•	•	•	•	•	•
_____	Bike with both legs			•	•	•	•	•	•	•	•	•	•	•	•
_____	Aqua-jogging							•	•	•	•	•	•	•	•
_____	Treadmill-incline 7 to 12 percent							•	•	•	•	•	•	•	•
_____	Swimming with fins							•	•	•	•	•	•	•	•
_____	Elliptical trainer									•	•	•	•	•	•
_____	Rowing														
_____	StairMaster														
_____	Sport Cord Exercises	1	2	3	4	5	6	7	8	9	10	3	4	5	6
_____	Double knee bends							•	•	•	•				
_____	Carpet drags							•	•	•	•				
_____	Gas pedal							•	•	•	•				
_____	Forward/backward jogging										•	•	•	•	•
_____	Single knee bends										•	•	•	•	•
_____	Side to side lateral agility											•	•	•	•

Weight

Bearing Status:

- Non WB
- Touch down WB
- Partial 30 percent WB
- As tolerated WB
- Full WB

Time Lines:

- Week 1 (1 to 7 POD)
- Week 2 (8 to 14 POD)
- Week 3 (15 to 21 POD)
- Week 4 (22 to 28 POD)

Agility Exercises	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Initial											•	•	•	•
Advance												•	•	•
Weights	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Leg press to 90 degrees												•	•	•
Leg curls – don't hyperextend												•	•	•
Ab/adduction												•	•	•
Mini squats with bar													•	•
Balance squats														
High Level Activities	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Outdoor biking											•	•	•	•
Golf											•	•	•	•
Running														
Skiing, basketball, tennis, football, soccer													•	•