

Knee PF Replacement
Physical Therapy Protocol

1) Motion

- Emphasis on achieving full extension
- Sitting flexion exercises:
 - Patient sits over side of bed or chair. Flexes knee maximally, uses other leg to assist in increasing flexion. Holding maximum flexed position for 3-5 seconds, relaxing. Doing 10 repetitions 3 X's daily
- Close chain flexion exercises:
 - Patient sits over side of bed or chair with foot on floor. Brings body forward while foot remains supported. Holding maximum flexed position for 3-5 seconds, relaxing. Doing 10 repetitions 3 X's daily
- Stair bend exercises:
 - Patient places operated leg on step, hold rail and leans forward flexing the knee to a maximum position. Holding maximum flexed position for 3-5 seconds, relaxing. Doing 10 repetitions daily.
- Stationary bicycle as tolerated

2) Mobility

- Gait training with cane in contra lateral hand weight bearing as tolerated
- Stair walking using rail for support. Advance to reciprocating

3) Muscle strengthening

- Isometric quads, hamstrings, hip abductors, hip extensors
- No open chain extension exercises with weights on ankle
- Terminal extension quad exercises with 1-2 pounds of weight on ankle

4) Modalities

- Ice packs and cold therapy to decrease swelling

5) Communication

- Two to Three times a week for four to six weeks
- Contact my office with any question or concern
- Fax progress report on a weekly basis