

Preoperative Total Knee Replacement Program

I. Preoperative Phase

Goals:

1. Improve knee range of motion and flexibility
2. Reduce joint swelling and inflammation
3. Enhance lower extremity strength
4. Improve patient's general health and fitness
5. Prepare the patient for surgery; patient education

Treatment:

1. Range of Motion
 - >> Hamstring and calf stretches
 - >> Overpressure into extension
 - >> Patellar mobilization
 - >> AAROM and PROM knee flexion
 - >> Bicycle for ROM
2. Reduce Swelling and Inflammation
 - >> Joint compression wrap or brace
 - >> Cryotherapy
 - >> Elevation
 - >> Ankle pumps
3. Lower Extremity Strengthening Exercises
 - >> Quad sets
 - >> Straight leg raises (flexion)
 - >> Hip Abd/Adduction
 - >> Knee extension 90-0°
 - >> ¼ vertical squats
 - >> Front lunges (if possible)
 - >> Lateral step-ups (if possible)
 - >> Standing calf raises
4. Improve Patient's General Health and Fitness
 - >> Cardiovascular exercise

- >> Bicycle
- >> Walking program
- >> Pool exercise program

5. Patient Education

- >> Mentally prepare patients for surgery
- >> Review postoperative rehab protocol
- >> Watch educational videotape on postop rehab
- >> Answer any questions related to TKR surgery and/or rehab