

TKA Manipulation

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Phase I Weeks 0-2 PT 5x/week HEP daily	Full PROM Patellar mobility Pain control Edema control	WBS: TTWB to PWB (50%) dependent on nerve block	Patellar mobilization Stationary bike QS focus on VMO function Multi-plane OKC SLR Heel Slides
Phase II Weeks 2-4 PT 3x/week HEP daily	Maintain full PROM with gentle end range stretching Patellar mobility Pain control Edema control	WBS: WBAT	Quad/Ham strengthening Leg press Wall sit Balance activities Core strengthening Step ups
Phase III Weeks 4-6 PT 2-3x/week HEP daily	Full AROM Maintain patellar mobility	WBS: FWB	Squats/Lunges CV endurance: Start treadmill/elliptical Progress Balance Progress Core strengthening Step downs
Phase IV Weeks 6-12 PT 1-2x/week HEP daily	Maintain Full AROM Functional knee	WBS: FWB	Continue with CKC exercises Progress proprioception activities Functional activities Start plyometrics
Phase V Weeks 12+ PT PRN HEP daily	Full functional knee ROM 0- 120 degrees Full functional strength	WBS: FWB	Progress Functional Activities Progress plyometrics Maintenance of ROM, strength, endurance, and balance