

Knee Replacement Rehabilitation Protocol

Stage	Objectives	Treatment Details
Pre-operative	Maximise conditioning for accelerated recovery	Physiotherapy assessment to optimize joint strength, ROM, flexibility and balance Daily use of stationary bike to strengthen quadriceps (thigh) muscle; balance and core exercises (eg Pilates, yoga, Wii-Fit)
Weeks 0-2	Soft Tissues Rehab Exercises Mobility	Swelling reduction critical to reduce pain and improve ROM (aim 0-90°) <ol style="list-style-type: none"> 1. Cold therapy 6-8 times per day (for 20 min. periods) 2. Constant leg elevation (ankle at level of chest whilst reclining or lying down) unless exercising 3. Short leg TEDS stockings both lower limbs with double layer tubigrip to operated knee 4. Regular calf and quads co-contractions SEE OVER PAGE EXERCISES 6-8 times per day; follow with ice to knee and elevation of leg for 20-30 minutes Immediate full weight bearing with crutches
Weeks 2-6	Soft Tissues Rehab Exercises Mobility	No dressings from day 12 unless during hydrotherapy Daily scar and lower limb massage eg Vit E, sorbolene cream, bio-oil Continue with swelling reduction techniques as above TEDS stocking on operated leg and tubigrip to knee during day only. Stocking not required on opposite leg. Commence outpatient hydrotherapy program 1-2 times per week Continue EXERCISES OVER PAGE; Stationary bike can commence at 3-5 weeks Gait re-training aiming to optimize heel strike, full knee extension and toe off Walking 10 to 20 minutes 1-2 times per day Slowly wean off ambulatory aids at home; continue use outdoors
Weeks 6-12	Rehab Exercises Mobility	Continue home-based exercises including ROM (aim 0-120°) and lower limb stretches Increase strengthening exercises eg resistance bike and gym program Increase walking distance 20 to 40 minutes per day
Weeks 12+	Return to functional activities	Resumption of normal activities (eg golf, tennis, bike riding and bowls) Kneeling on knee can commence on soft cushions for short periods of time if comfortable Consider long term exercise program to optimize knee function (eg: bike 3 times per week, swimming, gym exercise, balance)
Medications		<ol style="list-style-type: none"> 1. DVT medications for up to 4 weeks from surgery (eg aspirin, clexane) 2. Continue regular Panadol Osteo for up to 4-6 months 3. Celebrex 200mg daily for between 6-12 weeks (improves ROM and reduces needs for stronger medications) 4. Strong slow release pain killers eg Targin or Tramadol SR may be needed to assist in sleeping for 6-8 weeks 5. As needed medications such as Endone and Tramadol can be used when required, and often help prior to rehab.