

KNEE: DEGENERATIVE JOINT DISEASE

GOALS:

- Maximize ROM/biomechanics of joint
- Decrease pain and inflammation
- Maximize strength of quadriceps/hamstrings
- Normalize gait pattern with/without assistive device
- Educate client about joint protection techniques

PHASE I – Maximal Protection Phase

- Use assistive device as necessary to normalize gait pattern
- Anti-inflammatory modalities
- Emphasize ROM exercises (heel props, prone hangs, heel slides)
- Patellar mobilizations
- Flexibility exercises for hamstrings, ITB, calf, hip muscles
- Strengthening:
 - Quadricep sets
 - SLR's (4 planes)

PHASE II – Moderate Protection Phase

- Progress gait and weight-bearing and D/C assistive device when no pain, swelling or limp
- Continue anti-inflammatory modalities prn
- Progress ROM exercises (add light cuff weight to prone hang if necessary)
- Continue flexibility exercises (add quadricep stretch if tolerated)
- Progress strengthening:
 - Weighted SLR's
 - Closed chain strengthening (body weight)
 - Pain-free range open chain knee extension/flexion
- Initiate endurance exercises(with emphasis on joint protection):
 - Stationary cycling (high seat, low resistance)
 - Swimming
 - Pool walking/exercises

PHASE III – Minimal Protection Phase

- Continue ROM, flexibility, and pain-free strengthening 3x/wk.
- Continue endurance activities emphasizing joint protection
- Educate client in home exercise program, joint protection techniques and long-term self-management techniques
- Advise client in the safe and appropriate return to ADL's and recreational activities



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