

PICK ARTHROPLASTY KNEE

***Weight bearing status is determined by the size of the osteochondral lesion. If there are questions concerning the size of the lesion the physician's office should be contacted.

Lesion < 1 cm	WBAT and progress from crutches when no limp
Lesion 1 – 2 cm	TDWB x 4 wks then PWB x 2 weeks then WBAT
Lesion > 2 cm	TDWB x 6 wks then PWB x 2 weeks then WBAT

Phase I (week 0 – 4)

- Weight bearing status determined above
- PROM/AAROM to tolerance
- Prone hangs/heel props for extension ROM
- Strengthening:
 - Quadricep sets
 - SLR's X 4 planes (no resistance)
 - Ankle pumps
- Patellar mobilizations
- Begin gentle stretches (hamstrings, gastrocnemius, ITB, etc)

Phase II (weeks 4 – 6)

- Progress weight bearing as outline above
- Begin resisted SLR's when good quad control
- Aquacizer walking when wounds are closed
- Begin stationary bike when appropriate ROM (high seat/no resistance)

Phase III (weeks 6 – 12)

- Progress to FWB and wean from crutches when no limp
- Begin light open chain isotonic exercises
- Begin closed chain strengthening
- Begin balance/proprioception program

Phase IV (weeks 12- 16)

- Progress above ROM, flexibility, proprioception and strengthening program
- Isokinetic test (full ROM/high speeds)

Phase V (weeks 16 – 24)

- May begin sport specific activities if no effusion (promote joint protection)
- Gradual and progressive return to activities



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