Post-op Days 1 – 14

Dressing – POD 1: Debulk dressing, TED Hose in place
  – POD 2: Change dressing, keep wound covered, continue TED Hose
  – POD 7-10: Sutures out, D/C TED Hose when effusion resolved

Brace – Days 1-7: Locked in extension
  – Weeks 1-2: Locked at 0-20 degrees

Crutches – Weight bearing as tolerated (WBAT) (D/C when gait is normal)
AROM, AAROM 0-20 degrees
Patellar mobilization (teach patient)
Calf pumping
Passive extension with heel on bolster or prone hangs
Electrical stimulation in full extension with quad sets and SLR
Quad sets, Co-contractions quads / HS
Straight leg raise (SLR) x 4 on mat, in brace (parallel bars if poor quad control)
Double leg heel raises
Gentle Hamstring stretching
Ice pack with knee in full extension after exercise

Goals

Pain / effusion control
No extensor lag

Weeks 2 – 4

Brace – Weeks 2-3: 0-45 degrees
  – Weeks 3-4: 0-60 degrees
Continue appropriate previous exercises
Scar massage when incision healed
AROM, AROM 0-60 degrees
SLR x 4 on mat, without brace – no resistance
Single leg heel raises
Stretches – Hamstring, hip flexors, ITB

Goals

Normal gait
AROM 0-60 degrees
**Weeks 4 – 6**

- Brace – Weeks 4-5: 0-75 degrees
  - Weeks 5-6: 0-90 degrees
- Continue appropriate previous exercises
- AROM, AAROM 0-90 degrees
- Standing SLR x 4 with light weight at ankle
- Weight shifts, Mini squats
- Short arc quads with light weight as tolerated
- Total Gym – Mini squats (level 3-5) – No flexion > 45 degrees
  - Passive flexion to 90 degrees (push up with opposite leg)
- Leg press 0-45 degrees with light resistance
- Hamstring curls 0-45 degrees – Carpet drags or rolling stool (closed chain)
- Proprioception ex – Double leg BAPS
- Stationary bike for ROM
- Pool therapy

**Goals**

- ROM 0-90 degrees
- No effusion

**Weeks 6 – 9**

- Brace – Weeks 6-7: 0-105 degrees
  - Weeks 7-9: 0-120 degrees
- Continue appropriate previous exercises
- PROM, AAROM, AROM through full range
- Wall squats – No knee flexion past 45 degrees
- Standing SLR x 4 with Theraband bilaterally
- Forward, lateral and retro step downs
  - No knee flexion past 45 degrees (small step)
- Proprioceptive ex – Single leg BAPS, ball toss, and body blade
- Hamstring curls through full range – Carpet drag or rolling stool (closed chain)
- Stationary bike – Progressive resistance and time
- Elliptical trainer
- Treadmill – Forwards and backwards walking

**Goal** – Full AROM

**Weeks 9 – 12**

- D/C brace
- Continue appropriate previous exercises with progressive resistance
- PROM, AAROM, AROM to regain full motion
- Hamstring curl weight machine
- Knee extension weight machine
- Hip weight machine x 4 bilaterally
- Forward, lateral and retro step downs – Medium to large step
- Treadmill – Walking progression program

**Goal** – Walk 2 miles at 15 min/mile pace
**Months 3 – 4**

Continue appropriate previous exercises
Fitter
Slide board
Agility drills – figure 8s, gentle loops, large zigzags
Swimming
Stairmaster – Small steps
Treadmill – Running progression program
Quad stretches

**Goal** – Run 2 miles at normal pace

**Months 4 – 6**

Continue appropriate previous exercises
Agility drills / Plyometrics
Sit-up progression
Progressive weight training program
Running progression to track
Transition to home / gym program

**Goals**

Return to all activities
Pass APFT at 6 months post-op

*No contact sports until 6 months post-op*

BRYAN L. BOYEA  
LTC, SP  
Chief, Physical Therapy

MICHAEL S. MACHEN  
LTC(P), MC  
Chief, Orthopedics
Physical Therapy Clinic
William Beaumont Army Medical Center
El Paso, TX 79920

Knee Post Op Phase 1
Perform exercises below frequently: 30 reps 3-5x a day

Quad Isometrics

Heel Slides

Active Assisted Motion

Ice Position 15 minutes 2-3 x per day

Appointments?? Questions??
WBAMC PT: DSN:979-2181/1848 COMM: (915)569-2181/1848