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REHABILITATION GUIDELINES FOR TOTAL KNEE REPLACEMENT

1)CPM: Progress up to 0⁰-40⁰ up to 8 hours per day(cumulative) during hospital admission only (Avoid CPM >40 degrees flexion in order to avoid vascular compromises to anterior wound...although active/passive flexion as tolerated is fine without CPM).

2)Weightbearing as tolerated; Gait training with household obstacles; no bracing, and left otherwise specified.

3)Exercises:

ANKLE EXERCISES
BUTTOCK SQUEEZE
THIGH SQUEEZE
HEEL SLIDES
KNEE EXTENSION
STRAIGHT LEG RAISE
CURL UPS
LEG SLIDES
KNEE STRETCH
PATELLAR MOBILIZATION

4)Range of motion of knee as tolerated passively and actively.

5)Walk each day 4-6 times. Use a crutch or walker to stabilize yourself as necessary

6)Stationary Bicycling with the seat elevated

7)Occupational therapy for ADLs

8)Keeping effusion minimal with ice & elevation

9)Closed kinetic chain strengthening starting in hospital

10)Ice/Elevation

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