

Total Knee Replacement

Pt
Name: _____
Dr: Alexander Strassman, DO

Date
: _____

● = Do exercise for that week

Week

ROM RESTRICTIONS

Full motion

BRACE SETTINGS

None

WB STATUS

As tolerated

TIME LINES

Week 1 (1-7 PO)
Week 2 (8-14 PO)
Week 3 (15-21 PO)
Week 4 (22-28 PO)

Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Flexion/Extension - wall slides	●	●	●	●	●	●	●	●						
Flexion/Extension - seated	●	●	●	●	●	●	●	●						
Patella/Tendon mobilization	●	●	●	●	●	●	●	●						
Extension mobilization	●	●	●	●	●	●	●	●						
Quad series	●	●	●	●	●	●	●	●						
Hamstring sets	●	●	●	●	●	●	●	●						
Sit and reach for hamstrings (towel)	●	●	●	●	●	●	●	●						
Ankle pumps	●	●	●	●	●	●	●	●	●					
Toe and heel raises		●	●	●	●	●	●	●						
Balance series		●	●	●	●	●	●	●	●	●	●	●	●	●
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Bike/Rowing with well leg	●	●	●	●	●	●	●	●						
Bike with both legs - no resistance			●	●	●	●	●	●	●					
Bike with both legs - resistance							●	●	●	●	●	●	●	●
Aqua-jogging							●	●	●	●	●	●	●	●
Treadmill - walking 7% incline							●	●	●	●	●	●	●	●
Swimming with fins							●	●	●	●	●	●	●	●
Elliptical trainer									●	●	●	●	●	●
Rowing											●	●	●	●
Stair stepper											●	●	●	●
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Double knee bends							●	●	●	●	●	●	●	
Double leg bridges							●	●	●	●				
Reverse lunge - static hold							●	●	●	●				
Beginning cord exercises							●	●	●	●	●			
Balance squats										●	●	●	●	●
Single leg dead-lift										●	●	●	●	●
Leg press										●	●	●	●	●
Sports Test exercises														
Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Running progression														
Initial - single plane														
Advance - multi directional														
Functional sports test														
High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Golf Progression											●	●	●	●
Outdoor biking, hiking, snowshoeing											●	●	●	●
Skiing, light tennis, etc													●	●

Therapist Name: _____

