



Dr. Christensen Total Knee Arthroplasty (Replacement) Rehabilitation Protocol

- Continue TUB exercise (Basin with rolled towel or Zero Knee) at home (3 times per day for 30 minutes minimum. The knee should be unsupported during this exercise)
- Continue to perform Prone Hangs (as instructed by physical therapy) 3 times per day for 30 minutes each time with 5 pound weight on ankle. Dr. Christensen prefers your knee cap to be on the table or bed while doing prone hangs.
- CPM machine: Perform for 30 minutes; 3x daily. Goal is knee flexion at 110 degrees ASAP
- Limit standing and limit walking for 4 weeks. You should get up 10 times per day and walk approximately 20 feet each time.
- Elevate the knee and the entire lower extremity for as much as possible for 4 weeks after surgery.
- Use ice liberally for 30 minutes 3-4 times per day for 4 weeks.
- May shower on the 3rd day after surgery. Use Glad Brand Press & Seal for showering. Incision must remain completely dry until sutures/staples are removed or patient is directed otherwise. Once sutures/staples are removed or patient is directed to it is ok to shower with incision uncovered. Do not scrub incision area, just allow soap and water to go over incision. No baths, pools, or hot tubs until incision well healed around 4 weeks post-op.
- Adhere to any weight bearing restrictions that have been ordered. If no weight bearing restrictions ordered, progress from walker, to cane, to no assisted device as directed by physical therapist. Do not progress to next level if limping. Do not progress to the next level until you are walking without a limp at the previous level.
- Take your blood thinning medications as directed by Dr. Christensen.
- An ACE wrap can be used to maintain compression and decrease swelling.
- Call physician's office for wound drainage that is present beyond 7 days after surgery.
- Range of Motion is more important than strength and walking distance during the first 6 weeks after surgery.
- Prescribed post-operative narcotic medications should be weaned as tolerated beginning 72 hours after surgery. Discontinue 12 hour medications first. Try to be off all narcotics by 14 days after surgery.
- Bilateral TED hose are to worn at all times for DVT prophylaxis for 6 weeks. An hour break for hygiene purposes is ok daily but should be put back on immediately.

Any questions please, call Dr. Christensen's office at 859-263-5140