

Pre-operative Knee Surgery Protocol

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- A. Gait training
 - 1. Fit appropriate assistive device
 - 2. Train for WBAT or otherwise directed by physician
 - 3. Emphasis on proper heel-to-toe mechanics

- B. Exercise instruction to be started day 1 after surgery
 - 1. Ankle pumps
 - 2. Supine passive extension
 - 3. A-AA knee flexion (i.e. Heelslides)
 - 4. Q-sets
 - 5. SLR

- C. Cryotherapy
 - 1. Start immediately after surgery
 - 2. Frequent use: 15-20 min. every 1-2 hours

- D. Discuss post-op rehabilitation principals, goals, and expected time frames