

Total Knee Arthroplasty Rehabilitation Protocol

LAURA MATSEN KO, MD

Adult Reconstruction Surgeon OPA Orthopedics Seattle, WA

Precautions:NoneTreatment Plan:Evaluate and Treat, progress as tolerated

Recommended Treatment:

- Range of Motion
- Gait Training
- Endurance
- Stabilization and Balance
- Fall Prevention
- Strengthening
- Modalities PRN
- Home Exercise Program
- **Frequency:** 2 times per week for 6 Weeks (12 Total Visits)



Swedish Orthopedic Institute 601 Broadway, 6th Floor Seattle, WA 98122 206.386.2600 • 800.262.3435 Fax 206.622.1644 MRI Suite 900 Terry Avenue, #100 Seattle, WA 98104 206.694.6665