

Woodson Total Knee Replacement Rehab Protocol

Name: _____

Date: _____

● = Do exercise for that week/month

Week _____

Month _____

Patient
Check
List

**ROM
RESTRICTIONS**

**BRACE
SETTINGS**

**WEIGHT
BEARING
STATUS
Non WB**

Touch down WB
Partial 30% WB
As tolerated WB
Full WB

TIME LINES

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

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| Initial Exercises | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 3 | 4 | 5 | 6 |
|--|---|---|---|---|---|---|---|---|---|----|---|---|---|---|
| Extension/Flexion - wall slides | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | | | | |
| Extension/Flexion - sitting | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | | | | |
| Extension/Flexion - prone | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | | | | |
| Quad sets with straight leg raises | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | | | | |
| Hamstring sets | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | | | | |
| Patellar mobilizations/quad-patellar tendon | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | | | |
| Ankle pumps | ● | ● | ● | ● | | | | | | | | | | |
| Sit and reach for hamstrings (towel) | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Runners stretch for calf and Achilles | | | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Stork stand for quadriceps | | | | | | | | | | | | | | |
| Toe and heel raises | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | | | | |
| 1/3 knee bends | | | | ● | ● | ● | ● | ● | ● | ● | | | | |
| Cardiovascular Exercises | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 3 | 4 | 5 | 6 |
| Bike with single leg/single leg rowing | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Bike with both legs | | | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Aqua jogging | | | | | | | ● | ● | ● | ● | ● | ● | ● | ● |
| Treadmill-incline 7-12% | | | | | | | ● | ● | ● | ● | ● | ● | ● | ● |
| Swimming with fins | | | | | | | ● | ● | ● | ● | ● | ● | ● | ● |
| Elliptical trainer | | | | | | | | | ● | ● | ● | ● | ● | ● |
| Rowing | | | | | | | | | | | | | | |
| Stair stepper | | | | | | | | | | | | | | |
| Sport Cord Exercises | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 3 | 4 | 5 | 6 |
| Double knee bends | | | | | | | ● | ● | ● | ● | | | | |
| Carpet drags | | | | | | | ● | ● | ● | ● | | | | |
| Gas pedal | | | | | | | ● | ● | ● | ● | | | | |
| Forward/backward jogging | | | | | | | | | | ● | ● | ● | ● | ● |
| Single knee bends | | | | | | | | | | ● | ● | ● | ● | ● |
| Side to side lateral agility | | | | | | | | | | | ● | ● | ● | ● |
| Agility Exercises | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 3 | 4 | 5 | 6 |
| Initial | | | | | | | | | | | ● | ● | ● | ● |
| Advance | | | | | | | | | | | | ● | ● | ● |
| Weights | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 3 | 4 | 5 | 6 |
| Leg press to 90 degrees | | | | | | | | | | | | ● | ● | ● |
| Leg curls - don't hyperextend | | | | | | | | | | | | ● | ● | ● |
| Ab/adduction | | | | | | | | | | | | ● | ● | ● |
| Mini squats with bar | | | | | | | | | | | | | ● | ● |
| Balance squats | | | | | | | | | | | | | | |
| High Level Activities | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 3 | 4 | 5 | 6 |
| Outdoor biking | | | | | | | | | | | ● | ● | ● | ● |
| Golf | | | | | | | | | | | ● | ● | ● | ● |
| Running | | | | | | | | | | | | | | |
| Skiing, basketball, tennis, football, soccer | | | | | | | | | | | | | ● | ● |