



### ORTHOPEDIC SURGERY

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### PODIATRY

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### CLINIC LOCATIONS

Spencer  
Storm Lake  
Spirit Lake  
Estherville  
Emmetsburg  
Pocahontas  
Cherokee  
Primghar  
Sibley  
Algona

### OFFICE LOCATIONS

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Spirit Lake, IA 51360  
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Fax: 712-336-8115

[www.nwiabone.com](http://www.nwiabone.com)

## TKA POST-OP REHAB PROTOCOL

### PO Day 1

- Quad sets, SLR, ankle pumps
- CPM

### PO Day 2-7

- Transfer training
- Gait training with walker/crutches
- QS, SLR, heel slides, LAQ, ankle pumps
- CPM

### Week 2-4

- Ambulate with walker/crutches WBAT
- Isometric and isotonic quad and hamstring exercise
- Increase knee flexion to greater than 100°
- Regain and maintain full knee extension
- Proprioception training
- Scar massage and patellar mobs
- Aquatic rehab
- Progress closed chain strengthening activities

### Week 4-8

- Ambulate with cane
- Continue L/E strengthening activities
- Increase knee flexion to greater than 110°
- D/C can when ambulation is without pain or gait deviation

**EXCEPTIONAL. DEPENDABLE. LOCAL. ORTHOPEDICS.**