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Patient Name:

Date:

Date of Surgery:

Knee Rehabilitation:
Total Knee Replacement /
Unicondylar Knee Replacement

STAGE I: Range of Motion / Anti-Inflammation

- Week 1 - 6:
 - Active ROM exercises
 - Passive ROM exercises: emphasize terminal ROM stretch and limb straightening
 - Straight Leg Raises
 - Quadriceps, Hamstring, Adductor, Abductor stretching
 - Patellar Mobilization
 - Gait training with & without assistive devices
 - Anti-inflammatory modalities

 - OK to start bicycle at week 4 post op
 - OK to start treadmill work if good quad control at week 4

STAGE II: Active Range of Motion and Muscle

- Week 6 - 16:
 - Emphasize active muscle strengthening: cybex, universal,
 - Isometric
 - Concentric
 - Eccentric
 - Continue with ROM exercises & patellar mobilization
 - Treadmill
 - Lower extremity stretching
 - Whirlpool gait training if available
 - Aerobic conditioning

STAGE III: Final

- Week 16+:
 - Continue to stress ROM and strength training
 - Fine tune gait
 - Evaluate & Treat

Please send progress notes.

Physician's Signature: _____
Gregory Galano, MD

