

OrthoVirginia Virginia Beach Rapid Recovery Program Knee Exercises

Dr. Ted Lambert, DO

Week One	POD 1 (Post Op Day 1)	POD 2	POD 3	POD 4	POD 5	POD 6	POD 7
WALK							
CALF PUMPS							
KNEE EXTENSION							
KNEE FLEXION							
Medications * tally every time you take pain meds							

Week Two	POD 8	POD 9	POD 10	POD 11	POD 12	POD 13	POD 14
WALK							
CALF PUMPS							
KNEE EXTENSION							
KNEE FLEXION							
Medications * tally every time you take pain meds							



OrthoVirginia
Total Knee Replacement Rapid Recovery Program: Ted Lambert, DO