

## Total Knee Replacement: Range of Motion Benchmarks

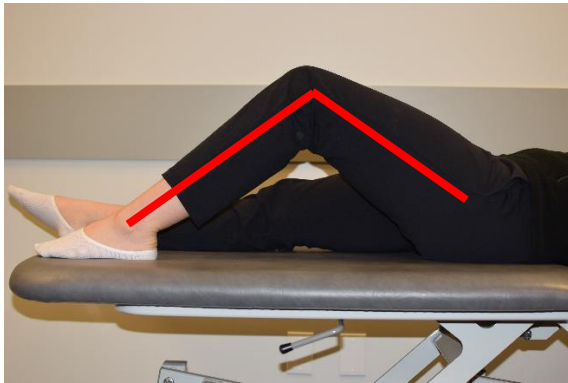
Below you will see the Range of Motion (ROM) benchmarks for flexion (bending) following total knee replacement surgery.

The red lines indicate the angle between the bony landmarks we use at your hip, knee, and ankle to get an accurate and consistent ROM measurement.

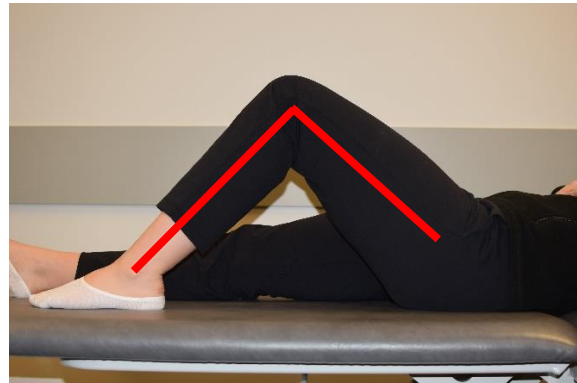
These images are meant to be a guideline so you can judge your progress at home.

**If you have questions or concerns, please call the Rehab Team at (403) 266-3241.**

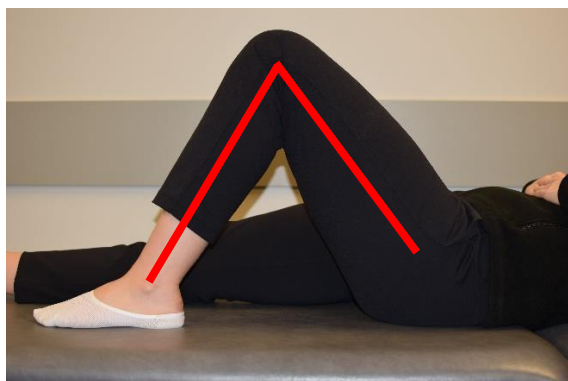
2 Weeks: 70°



6 Weeks: 90°



12 Weeks: 110°



Full Range of Motion: 130°

