



Total Knee Replacement / Unicompartmental Replacement Protocol

Timeline:

The first week after surgery, the patient will work on home therapy with exercises provided by surgeon. Beginning the second week post-op therapy should be 1-2 times per week for 3 weeks (until 4 weeks have passed from surgery). Then therapy should be once per week or every other week for additional 4 weeks. Focus should be on establishing a home program that is maintained lifelong. Therapy should be gently progressive, avoid over-activity as this will increase swelling and pain.

Stage I:

Weeks 1 - 6:

- Weight bearing as tolerated
- Edema control therapy (ice, compression sleeve)
- Active and passive ROM exercises
 - Emphasize terminal ROM stretching
 - Goal ROM: Full extension to 90 degrees of flexion by 2 weeks post-op
 - Contact surgeon if patient has not reached 90 degrees of flexion by 3 weeks after surgery
- Straight Leg Raises / Quad sets
- Quadriceps, Hamstring, Adductor, Abductor stretching
- Patellar Mobilization / Patellar glides
- Gait training with & without assistive devices as able
- Progress cardiovascular therapy
 - Exercise bicycle at week 4 post op
 - Treadmill / elliptical if good quad control at week 6

Stage II:

Weeks 7 - 12:

- Emphasize active muscle strengthening (quad, hamstring, hip, core):
 - Isometric
 - Concentric
 - Eccentric
- Continue with ROM exercises & patellar mobilization
- Treadmill / elliptical as able
- Lower extremity stretching
 - Hamstring, hip, quad, Achilles flexibility
- Continue gait training and balance exercise
- Progress aerobic conditioning and endurance as able
- Begin functional movement exercise