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