



## TKA/Unicompartmental Replacement Rehab Protocol

Outpatient physical therapy will start 3-5 days after the surgery. 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 lifeline. Therapy should be gently progressive, avoid over-activity as this will increase swelling and pain.

### PHASE 1: 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 surgeons office if patient has not reached 90 degrees of flexion by 3 weeks after surgery. At this point if the goal is not met, then we can proceed ordering a JAS brace.
- 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

### PHASE 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