



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 solid home program. 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
- Patella mobilization/ Patella 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

Continuous Passive Motion (CPM) Machine

- Day of Surgery: -5 to 90* as much as able during the day
- The day after surgery: Start at -5 to 90* and increase the bending number 5*–15* each session
- You will use the machine at least 3 times a day for at least 1 hour each session
- Goal of 120* by 5 days out from surgery

The Lower Leg Measurement is the number that the lower adjustable portion of the CPM will be adjusted to in order to fit your leg properly and be comfortable.

Lower Leg Measurement: _____



PHASE II: (Weeks 7 - 12)

- Emphasize active muscle strengthening (quad, hamstring, hip, core):
 - Isometric
 - Concentric
 - Eccentric
- Continue with ROM exercises & patella 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

PHASE II: (Weeks 13+)

- Normal age/activity level proprioception and balance
- Criteria for Discharge from Physical Therapy
 - MMT 4+/5 Strength in all knee and hip ROM
 - Independent/Non-antalgic gait and return to recreational activities
 - Return of recreational activities as indicated depending on patients prior level of function and/or individual goals