

**Jeffrey Dean, MD
Orthopedic Surgeon**

TOTAL KNEE AND UNI-COMPARTMENT ARTHROPLASTY
Revised Januray 2022

Post-op Days 1 - 7

TED Hose x 6 weeks

Elevate involved extremity – pillow under ankle NOT knee

Walker (at least twice a day): **Primary** – WBAT

Foam Extension Block—5-10min every hour while awake

Bed mobility and transfers

CPM parameters:

- Range -5 deg extension to 30 deg flexion to start
- Progress 10 deg flexion per hour to patient's tolerance
- 4 hours in CPM / 2 hours out of CPM
- Apply during waking hours only

AROM, AAROM, PROM as tolerated

Passive extension with heel on bolster or prone hangs

SLR x 4 in standing

Calf pumping

Quad sets, Co-contractions quads/hamstrings

Goals

Independent with bed mobility and transfers

Independent ambulation 100 feet

AROM 5-90

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Weeks 1 – 3

Staples Continue TED Hose until 6 weeks post-op
Removed by Walker: **Primary** – WBAT, advance to cane as tolerated (D/C when gait is WNL)

Ortho Only **Revision** – 50% WB until 6 weeks post-op

2-3 weeks Continue appropriate previous exercises
post-op AROM, AAROM, PROM through full range as tolerated

Stationary bike for ROM

Scar massage when incision healed

Electrical stimulation in full extension with quad sets and SLR (PRN)

SLR x 4 on mat

Short arc quads

Weight shifts and Mini-squats in parallel bars (0-45 degrees)

Stretches – HS, AT, Hip Flexors, ITB

Primary Only:

Wall slides (0-45 degrees)

Forward, retro and lateral ambulation in parallel bars

Double leg heel raises

Goals

ROM 0-110 degrees or equal to opposite knee

Primary – Normal gait

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Weeks 3 – 6

Continue TED Hose until 6 weeks post-op
Walker: **Revision** – 50% WB until 6 weeks post-op
Continue appropriate previous exercises
SLR x 4 on mat, add ankle weights as tolerated
Leg press

HS curls

Stationary bike for progressive resistance and time

Primary Only:

Wall slides
Forward, retro and lateral step ups/downs
Single leg heel raises

Goals

ROM WNL
No extensor lag

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Weeks 6 – 12

Continue appropriate previous exercises

Walker: **Revision** – WBAT, advance to cane as tolerated (D/C when gait is WNL)

Revision:

Begin Wall slides, Mini squats in parallel bars and progress

Forward, retro and lateral ambulation in parallel bars

Forward, retro and lateral step ups/downs

Double leg heel raises, progress to single leg heel raises

Primary and Revision: Progress to following exercises as tolerated:

Practice sit-to-stand without using hands

Standing SLR x 4 with Theraband bilaterally

Practice walking up and down stairs

Proprioceptive exercise – single leg standing in parallel bars, BAPS

Treadmill – Walking as tolerated

Elliptical trainer

Pool therapy

Goals

Independent with stairs

Resume recreational activities – Encourage non-impact activities

Sport Activities

Sports Not Contraindicated	Postoperative Initiation	Return to Previous Level of Activity
Swimming	Pool aquatic activity at 6 weeks if wound healed	1 year
Bowling	3 months	6 months
Golfing	Chipping and putting – 3	Ok to start at 6 months

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	months Driving – 6 months	Full activity at 1 year
Tennis doubles	6 months	1 year
Snow skiing	Greens/Blues 6 months	1 year
Horseback Riding	3-6 months if experienced	1 year
Bicycling	Stationary (at home) – 2 months Outdoor – 3 months	1 year
Sailing	4-6 months	1 year
Roller Blading	4-6 months	1 year

Sports Not Recommended

Jogging/Running
Basketball/Football/Baseball
Volleyball
Water skiing
Soccer