

# **Unicompartmental Knee Replacement Protocol**

## PHASE 1: INITIAL PHASE

Post-Op Day 1 through the first 3 weeks

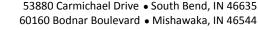
- Ankle pumps
- Heels slides
- Quad sets may be done with Russian for quadriceps activation
- Glut sets
- 4---way straight leg raise
- Large arc quads
- Clamshells
- Calf stretch
- Hamstring stretch
- Calf raises focus on equal weight bearing
- Marching
- Hamstring curls
- Bike (for ROM if tolerated)
- Mini squats
- Step ups
- Manual therapy patella mobilization, PA/AP tibial mobilization (grade I/II)
- Modalities ultrasound, interferential current
- \*\* Range of motion should be approximately 5°-110° by the end of this phase

#### PHASE 2: INTERMEDIATE PHASE

## Weeks 4-6

Continue with previous or modified versions of previous exercises, but may add:

- AROM 0°-120°
- Add weight to straight leg raises up to #2
- TKE with theraband
- Step-ups
- Step-downs
- Single leg stance
- Wall sits
- Manual therapy tibial mobilizations (grade I---III), fibular AP/PA mobilizations



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#### PHASE 3: ADVANCED PHASE

Weeks 7 - 3 months

Continue with previous or modified versions of previous exercises, but may add:

- Increase weight with leg raises up to #5
- Walking program begin at 1/4 mile and gradually increase
- Upper body machines
- For cardiovascular fitness elliptical, walking outside or on a track, aquatic exercise, cycle.
- NO treadmill walking due to compression on the new joint
- Golf may begin chipping or putting at 6 weeks, driving at 3 months, and then slowly progress into a full game

#### PHASE 4: FINAL PHASE

## Month 3+

Continue with previous or modified versions of previous exercises, but may add:

- Begin using leg weight machines
- Recommend activities elliptical, cycle, walking, aquatic exercise, low impact aerobics, yoga, tai chi, Theraball exercises
- NOT recommended running/jogging, high impact aerobics, jumping rope or plyometrics