



REHABILITATION GUIDELINES
UNICOMPARTMENTAL KNEE ARTHROPLASTY

IMMEDIATE POST-OP- 6 WEEKS

DOS:

- AROM to full with gentle terminal stretch into flexion and extension (No CPM)
- Gait training, WBAT with crutches or walker, transition to cane when adequate quad control. (PT may assist in determining safe timing). Wean from cane when stable.
- Quad isometric sets, progress to straight leg raising. Ankle pumps, glute squeezes
- May progress to strength/resistance training when ambulating without assistive device, adequate pain and swelling control, and ROM 0°-110° or better. High reps, low total resistance.
- Stationary bike progressing to alternative low impact cardio equipment if desired as soon as ROM and muscle control permits.

BEYOND 6 WEEKS

DATE:

- End range stretching to optimize ROM
- Gradual progressive high rep, low resistance strength training for all lower extremity and core muscles.
- Progress activity steadily as tolerated to full. Recommend avoiding high impact activities such as running and contact sports.