



# UNI-COMPARTMENT ARTHROPLASTY POST-SURGICAL REHABILITATION PROTOCOL

## POST-OP DAYS 1 - 7

- TED Hose x 6 weeks
- Walker or crutches:
  - **Primary** - Weight bearing as tolerated (WBAT)
  - **Revision** - 50% Weight bearing x 6 weeks
- Bed mobility and transfers
- Heel slides, AROM, AAROM, PROM as tolerated
- Straight leg raise (SLR) x 4 in standing
- Short arc quads
- Calf pumping
- Quad sets, Co-contractions quads/hams
- Passive extension with heel on bolster or prone hangs
- Ice and elevation - Pillow under ankle NOT knee

## GOALS

- Independent with bed mobility and transfers
- Independent ambulation 100 feet
- AROM 5 - 90

## Weeks 1 - 3

- Walker or crutches:
  - **Primary** - WBAT, progress to cane and D/C when gait is normal
  - **Revision** - 50% Weight bearing until 6 weeks post-op
- Continue TED Hose and appropriate previous exercises
- AROM, AAROM, PROM through full range as tolerated
- Stationary bike for ROM
- Patellar mobilization (teach patient)
- Scar massage when incision healed (teach patient)
- Electrical stimulation in full extension with quad sets and SLR
- SLR x 4 on mat
- Weight shifts and Mini-squats in parallel bars (0-45 degrees)
- Stretches - Hamstring, Hip Flexors, ITB
- **Primary Only:**
  - Wall squats (0-45 degrees)

- Forward, retro and lateral walking in parallel bars
- Double leg heel raises

### **GOALS**

- ROM 0-110 degrees
- No extensor lag

### **WEEKS 3 - 6**

- **Primary** - Cane as needed, D/C when gait is normal
- **Revision** - Walker or crutches, 50% Weight bearing
- Continue TED Hose and appropriate previous exercises
- SLR x 4 on mat, add ankle weights as tolerated
- Leg press (double leg) up to ½ body weight
- Hamstring curl weight machine (double leg) with light weight as tolerated
- Sitting knee extension (chair or mat) 90-0 degrees
- Stationary bike for progressive resistance and time
- **Primary Only:**
  - Forward, retro and lateral step downs (small to med step)
  - Single leg heel raises

### **GOALS**

- ROM 0-120 degrees
- Primary - Normal gait

### **WEEKS 6 - 9**

- D/C TED Hose
- **Revision:**
  - Walker or crutches, Weight bearing as tolerated (WBAT)
  - Progress to cane as tolerated, D/C when gait is normal
- Continue appropriate previous exercises
- **Revision - Begin:**
  - Wall squats (0-45 degrees)
  - Forward, retro and lateral walking in parallel bars
    - Forward, retro and lateral step downs (small to med step)
  - Double leg heel raises
- **Primary and Revision:**
  - Standing SLR x 4 with Theraband bilaterally

- Isometric knee extension at 0 and 60 degrees
- Proprioception exercises - Single leg (stork) standing in parallel bars
- Treadmill - Walking progression program
- Elliptical trainer

### **GOALS**

- ROM WNL and equal bilaterally
- Revision - Normal gait

### **WEEKS 9 - 12**

- Continue appropriate previous exercises
- Leg press - Single leg
- Hamstring curl weight machine - Single leg
- Leg extension weight machine - Double leg, progress to single leg as tolerated
- Hip weight machine x 4 bilaterally
- Single leg heel raises
- Practice sit-to-stand without using hands
- Stair training
- Proprioception exercises - Double to single leg BAPS
- Cone drills - Side step, cariocas, elevated walking
- Pool therapy
- Quad stretches

### **GOALS**

- Walk x 20 minutes
- Independent with stairs

### **MONTHS 3 - 4**

- Discontinue supervised PT
- Resume all recreational activities as tolerated
- 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 months

Driving - 6 months

Ok to start at 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

#### **SPORTS / ACTIVITIES NOT RECOMMENDED**

Jogging / Running / Jumping/ Basketball / Football / Baseball / Soccer / Volleyball

Waterskiing