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## TOTAL KNEE AND UNI-COMPARTMENT ARTHROPLASTY

*Revised January 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/hams

### **Goals**

Independent with bed mobility and transfers

Independent ambulation 100 feet

AROM 5-90

**eks 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

**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

**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

ume recreational activities – Encourage non-impact activities

### Sport Activities

<b>Sports Not Contraindicated</b>	<b>Postoperative Initiation</b>	<b>Return to Previous Level of Activity</b>
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	<b>Stationary (at home) – 2 months</b> Out door – 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

