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## **TOTAL KNEE AND 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**

<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	Stationary (at home) – 2 months Outdoor – 3 months	1 year

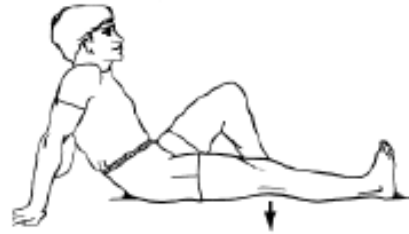
**SPORTS / ACTIVITIES NOT RECOMMENDED**

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

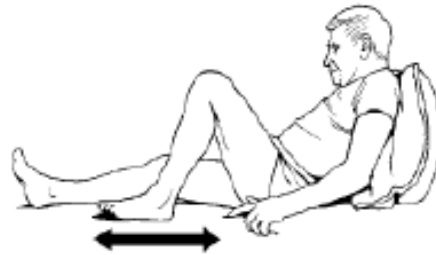
## KNEE POST-OP PHASE I

Perform exercises below frequently: 30 reps, 3 – 5x a day

**Quad Isometrics**



**Heel Slides**



**Active Assisted Motion**



**Ice Position 15 minutes 2-3 x per day**



**ADAPTED FROM:**  
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