TOTAL KNEE AND UNI-COMPARTMENT ARTHROPLASTY

Revised August 2008

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

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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

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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

*Continued on next page*
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

<table>
<thead>
<tr>
<th>Sports Not Contraindicated</th>
<th>Postoperative Initiation</th>
<th>Return to Previous Level of Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swimming</td>
<td>Pool aquatic activity at 6 weeks if wound healed</td>
<td>1 year</td>
</tr>
<tr>
<td>Bowling</td>
<td>3 months</td>
<td>6 months</td>
</tr>
<tr>
<td>Golfing</td>
<td>Chipping and putting – 3 months Driving – 6 months</td>
<td>May begin at 6 months, Full activity at 1 year</td>
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<tr>
<td>Tennis doubles</td>
<td>6 months</td>
<td>1 year</td>
</tr>
<tr>
<td>Snow skiing</td>
<td>Greens/Blues 6 months</td>
<td>1 year</td>
</tr>
<tr>
<td>Horseback Riding</td>
<td>3-6 months if experienced</td>
<td>1 year</td>
</tr>
<tr>
<td>Bicycling</td>
<td>Stationary (at home) – 2 months Out door – 3 months</td>
<td>1 year</td>
</tr>
</tbody>
</table>

Sport Activities Not Recommended

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

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Knee Post Op Phase 1
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

Appointments?? Questions??
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