



## Unicompartmental Knee Arthroplasty Protocol

### **Days 3-10**

Active quad setting/SLR/SAQ/LAQ

Gait Training with walker/crutches – Weight Bearing as Tolerated

AAROM flexion with heel slides and/or seated off edge of bed 90°

PROM knee extension to 0° with overpressure

E-stim as needed for quad re-education or edema/pain control

### **Days 11-21**

Stationary Bike

Gait training without assistive device – Forward & Retro

Closed chain exercise – Squatting/Leg Press/Steps-ups as able

Hamstring/Calf/Hip strengthening

Terminal Knee Extension with resistance

Continue passive knee extension/prone hangs

STM/patellar mobilizations to prevent adhesions

*Goal: 0-0-100° by day 21*

### **Weeks 4-5**

Continue Biking – lower seat as tolerated

Progress strengthening intensity as tolerated

Emphasis on eccentrics during quadriceps strengthening

Continue with soft tissue stretching & mobilization as needed

Progress balance/proprioception training

Introduce recreational activity to tolerance (golfing, bowling, swimming, dancing, walking)

*ROM goal: 0-0-125°*

### **Weeks 6+**

Isokinetic training at speeds <150°/sec

Isometric testing of bilateral knee strength with goal of >85% of contralateral leg

Continue all previous strengthening and end range stretching as needed

Progress return to previous functional capacity

Avoid activities involving high levels of joint impact (jogging, jumping)