



Unicompartmental Arthroplasty

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Precautions: Avoid activities such as: heel slides, tibial-femoral mobilizations to operated knee, and internal rotation of the tibia with PROM

PHASE I (0-1 WEEKS POST OP):

- Weight bearing as tolerated
- Modalities as needed
- PROM, AROM, AAROM allowed for 0-90°
- Begin ankle pumps
- Quad/Hamstring strengthening
- Glutes and supine hip abduction strengthening
- Short arc quads and SLRScapular retraction

PHASE II (1-2 WEEKS POST OP):

- Weight bearing as tolerated
- Modalities as needed
- Begin seated knee flexion and extension lag stretch
- Hamstring and calf stretches
- Begin seated TKE
- Progress hip strengthening
- Mini squats (knee flexion >30°)
- Gait training
- Begin patellar mobilization as needed

PHASE III (2-4 WEEKS POST OP):

- PROM/AROM/AAROM to 0-110°
- Prone knee flexion and hip flexor stretch
- Progress to isotonic exercises
- Use bike to warm up

PHASE IV (4+ WEEKS POST OP):

- TKE with theraband
- Stool scoots
- Begin concentric/eccentric step exercises
- Begin proximal stability exercises
- Balance and gait exercises