

## Unicompartmental Knee Arthroplasty

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The surgeon may specify on the referral any specific requests or deviations that fall outside the scope of this protocol.

Phase I (POD #0 – Week 2)	Phase II (Weeks 2 – 4)	Phase III (Weeks 4 – 12+)
<p style="text-align: center;"><b>POSTOP CARE</b></p> <ul style="list-style-type: none"> <li>• Independent SLR</li> <li>• Stress full extension</li> <li>• Gait training with appropriate assistive device</li> <li>• Stair training</li> <li>• Assess need for NMES 2x/daily for 15 contractions, start on POD 2. (biphasic 50 Hz for 15 sec with ramp of 3 sec and 45 sec rest.) Consider need for home unit.</li> </ul> <p style="text-align: center;"><b>EXERCISES</b></p> <ul style="list-style-type: none"> <li>• Quad sets</li> <li>• Hamstring sets</li> <li>• Straight leg raise (SLR)</li> <li>• Heel slides</li> <li>• Short arc quad (SAQ)</li> <li>• Ankle pumps</li> <li>• Seated knee flex/ext</li> <li>• Standing bilateral squats, if tolerated</li> </ul> <p style="text-align: center;"><b>PROGRESSION CRITERIA</b></p> <ul style="list-style-type: none"> <li>• Complete exercises 2 x 8 reps without fatigue</li> <li>• NPRS at rest &lt; 5/10</li> <li>• ROM 0-100 degrees (goal)</li> </ul>	<p style="text-align: center;"><b>CLINIC CARE</b></p> <ul style="list-style-type: none"> <li>• Manual therapy techniques</li> <li>• Wean from assistive device</li> <li>• Continue NMES prn</li> </ul> <p style="text-align: center;"><b>EXERCISES</b></p> <ul style="list-style-type: none"> <li>• A/AAROM exercise to restore knee flexion/extension</li> <li>• SLR all planes</li> <li>• Multidirectional stepping</li> <li>• Marching or single limb stance</li> <li>• Standing HS curls</li> <li>• Wall Slides</li> <li>• Long arc quad (LAQ)</li> <li>• Bilateral leg press</li> <li>• Terminal knee extension (TKE)</li> <li>• SLS progression</li> </ul> <p style="text-align: center;"><b>PROGRESSION CRITERIA</b></p> <ul style="list-style-type: none"> <li>• Complete exercises 2 x 10 reps without fatigue</li> <li>• NPRS at rest &lt; 5/10</li> <li>• ROM 0-120 degrees (goal)</li> </ul>	<p style="text-align: center;"><b>CLINIC CARE</b></p> <ul style="list-style-type: none"> <li>• Manual therapy techniques as indicated</li> <li>• Continue NMES prn through 6 weeks</li> </ul> <p style="text-align: center;"><b>EXERCISES</b></p> <ul style="list-style-type: none"> <li>• Leg Press: (Unilateral)</li> <li>• Wall slides to 90 degrees</li> <li>• Supine bridge</li> <li>• Forward lunges</li> <li>• Eccentric exercise</li> <li>• Advance proprioception: <ul style="list-style-type: none"> <li>○ sidestepping</li> <li>○ braiding</li> <li>○ tandem walk</li> </ul> </li> </ul> <p style="text-align: center;"><b>CRITERIA FOR DISCHARGE</b></p> <ul style="list-style-type: none"> <li>• ROM 0-&gt;110 degrees (goal 125o+)</li> <li>• Non-antalgic independent gait</li> <li>• Independent reciprocating stair climbing</li> <li>• Normal, age appropriate balance</li> </ul>

Revised 9/2020