



Orthopaedic Associates of Zanesville
Sports Medicine Division Physical Therapy Protocols
Brad E. Brautigam MD

Rehabilitation Guidelines for Total Knee Arthroplasty/Unicondylar Knee Arthroplasty

The intent of this protocol is to provide the clinician with a general guideline of the post-operative course of the patient that has undergone the above stated procedure. It is by no means intended to substitute for one's clinical decision making regarding the progression of a patient's postoperative course based on their physical exam findings, individual progress, and/or the presence of possible post-operative complications. If a clinician requires assistance in the progression, please contact the referring surgeon's office.

0-2 Weeks:

- WBAT
- Promote healing/pain control modalities
- Begin AROM/PROM activities for LE (table exercises)
- May begin weight bearing/closed chain strengthening immediately as pain/swelling will allow
- Wean from assistance devices as strength will allow

2-6 Weeks:

- Advance closed chain strengthening exercises
- Progress strength/ROM as able
- Continue to control pain/inflammation with modalities

Weeks 6+:

- Continue to advance overall functional strengthening exercises
- Gait mechanics
- Criteria for DC: patient is able to participate with all strengthening exercises demonstrating proper mechanics with appropriate functional strength for patient's needs