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Unicompartmental Knee Arthroplasty (UKA) **Rehabilitation Guidelines**

The following rehabilitation guidelines are presented in a criterion based progression. General time frames are given for reference to the average, but individual patients will progress at different rates depending on their age, associated injuries, pre-injury health status, motivation, rehabilitation compliance and injury severity. Specific time frames, restrictions and precautions may also be given to protect healing tissues and the surgical reconstruction. The full rehabilitation program may not be necessary; it will depend on the patient's goals and desired activities. It is recommended that patients have PT set up twice weekly for 2 weeks after evaluation and then as needed based on evaluation findings and rate of progress. These patients will have smaller incisions, and possibly less bony trauma. Once rehabilitated, impact activities are not recommended.

Phase 1 Week 0-3

Goals:

- Priority placed on quad function, ROM, and edema reduction
- ROM: Full extension, Flexion 110-120
- Gait to be progressed with WBAT. Encourage AD until no limping is present and full extension at heel strike is present.
- Remove staples at 10-14 days post-op and apply steri-strips for 7-14 days

Exercise Suggestions:

- Heel slides in supine
- Gravity assisted flexion
- Ankle pumps
- Stationary bike partial to full revolutions with minimal resistance for ROM
- Quad sets
- Glut sets
- 4 way SLR
- SAQ
- TKE with tubing
- Clamshells
- Calf stretch
- Calf raises
- Hamstring curls
- Leg extensions
- Mini squats

- Step-ups
- Patella mobs or Grade I/II PA/AP tibial mobs
- Cardiovascular: Upper body circuit training

Phase 2 Week 3-6

Goals:

- Continue to regain quad strength
- Progress to no AD
- Reciprocal stairs by 6 weeks
- Increase knee flexion
- Increase SLS balance
- No impact activities

Exercise Suggestions:

- Progress exercise from phase 1 to include increased resistance
- Progress ROM exercises
- Leg press
- Manual therapy to incision around 21 days
- Continue joint mobs
- Step Up/Downs
- SLS
- Increase CKC/functional exercises
- Cardiovascular:
 - Treadmill/elliptical if tolerated
 - Swimming if incision is healed

Phase 3 Week 6-12

Goals:

- Continue improving muscular strength and endurance
- Good control and no pain with all activities
- Able to walk longer distances (1 mile) without a limp

Exercise Suggestions:

- Strength and balance exercises with progression from double to single leg and single plane to multi-plane drills
- Dynamic control exercises progressing from low velocity, single plane to high velocity multi-plane activities
- Work/Sport specific balance and proprioceptive drills
- Hip/Core strengthening
- Non-impact portions of sports

3+ Months to Return to Play

Goals:

- Maximum ROM achieved
- Increased weight training as tolerated