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Partial Knee Replacement Rehabilitation Guidelines

Acute/Immediate Post-Operative Phase 0-2 weeks

Guidelines

- Brace:
 - Locked in full extension for sleeping
- Gait: WBAT
- ROM:
 - Knee: 0 – 90 degrees
 - Ankle AROM
- Maintain hamstring strength of the ipsilateral leg and lower extremity strength of the contralateral leg

Return to ADLs Phase 3-6 weeks

Guidelines

- Brace:
 - Can discontinue
- Gait:
 - WBAT
- ROM:
 - Progress to full ROM
- Strengthening:
 - Quad sets with biofeedback and e-stim for VMO
 - By 6 weeks, goal of regaining active quad and VMO control
 - Heel slides to recommended ROM, SLR
 - Resisted ankle ROM with theraband
 - Patellar mobilization, as tolerated

****Modalities as needed for pain control and quadriceps strengthening are permitted.**