

## **KNEE ARTHROPLASTY: (UNI, DUO and ARTHROSURFACE) POST-OP PROTOCOL**

### **1. FIRST SEVEN DAYS:**

C.P.M. 0 to 90 degrees, 8 hours minimum per day.

Ambulate weight-bearing as tolerated with crutches or walker.

### **2. ONE WEEK POST-OP:**

First office visit with M.D....dressing change.

Begin P.T.: Stim., Isometrics and ROM to Full.

### **3. TWO WEEKS POST-OP:**

Second M.D. visit...Skin clips removed, d/c CPM.

### **4. FOUR WEEKS POST-OP:**

Third M.D. visit...Closed chain strengthening only.

Exercise bike.

### **5. EIGHT WEEKS POST-OP:**

Isotonic strengthening.

Swimming and cycling allowed.

### **6. TWELVE WEEKS POST-OP:**

Graduate to home exercises.

Full activity allowed, except

NO impact loading (running and jumping not allowed)

