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Partial (Unicompartmental) Knee Replacement

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	BRACE / WEIGHT BEARING	THERAPEUTIC EXERCISE
Phase I **0–2 weeks** GOAL TO ADVANCE *Flexion 0-100°; independent leg raise*	Full extension (heel prop, no pillow under knee); flexion to 100°	Weight bearing as tolerated with walker or crutches	Quad sets with e-stim if needed, straight-leg raises, heel slides, short-arc quads, ankle pumps, stair and gait training; ice
Phase II **2–4 weeks** GOAL TO ADVANCE *Flexion 0-120°; walking without device*	Flexion to 120°	Wean to cane, then no device	Straight-leg raises in all planes, standing hamstring curls, wall slides, leg press, terminal knee extension, single-leg stance
Phase III **4–12 weeks** GOAL TO ADVANCE *Flexion ≥110-125°; normal gait; reciprocal stairs*	Full	Full	Single-leg leg press, wall slides to 90°, bridges, forward lunges, balance, bike
Phase IV **12+ weeks** GOAL TO ADVANCE *Physician clearance*	Full without discomfort	Full	Cycling, swimming, golf, doubles tennis, hiking**

NOTES

**If approved by physician. Avoid repetitive high-impact activity (running, jumping) to protect the implant