

Sabrina Strickland, MD
 Hospital for Special Surgery
 523 East 72nd Street
 2nd Floor
 New York NY 10021-4099

UNICOMPARTMENTAL REPLACEMENT GUIDELINES

	WEIGHT BEARING STATUS	POST OP BRACE	RANGE OF MOTION	THERAPEUTIC GOALS	PATIENT'S CHECKLIST
Week 1-4	WBAT Use crutches/cane until discontinued by your physical therapist.	Locked into extension	Full 0-90 within 2-3 weeks	<p>Emphasize patient compliance to home exercise program and weight bearing precautions/progression</p> <p>Avoid pain with therapeutic exercise & functional activities</p> <p>Quad muscle reeducation</p> <p>Exercises: Quad sets, heel slides, ankle pumps, gravity assisted knee flexion</p> <p>No open chain knee extension.</p>	<ul style="list-style-type: none"> ○ Bandages should be left on through 1st post op appointment. If bloody or suspect infection call the office immediately. ○ Take Aspirin or Xarelto daily x 30 days ○ Bruising and swelling is normal, it may travel to the ankle. Elevate the leg when laying, perform ankle pumps. ○ Apply ice/Game Ready 4-6 times/day, 20min on/60min off. ○ Start Physical Therapy 1 month after surgery or as advised by physician. ○ Patients are responsible for understanding the individual insurance coverage for PT.
Week 5-12	Full	Unlock brace. Discontinue when good quad control is obtained.	Full	<p>PT/HEP: LE strength progression within parameters from PT/physician.</p> <p>Continue/normalize phase I exercises as appropriate.</p> <p>Stationary bike.</p> <p>No open chain knee extension</p>	

Week 13-24+	Full		Full	<p>Emphasize patient compliance to maintenance strength program</p> <p>Avoid running until adequate strength development and as advised by your PT and/or physician.</p> <p>Avoid pain with therapeutic exercise & functional activities.</p> <p>Avoid/minimize high impact activity such as running, soccer, intense skiing to extend life of replacement.</p>	
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Post Op Brace/CyMedica Evive

- You will be prescribed a long brace for immediately after surgery along with crutches. You will wear the brace for 4-6 weeks. This will help protect your knee until your quad muscle gets stronger. Dr. Gomoll recommends the CyMedica Evive brace with integrated muscle stimulator. This will help reeducate your quad muscle after surgery and improve your function early. The CyMedica Evive brace requires an upfront deposit which is refundable after processed through your insurance. **Medicare does not provide coverage.**

Game Ready Ice Machine

- Dr. Gomoll recommends rental of this cold and compression unit. It is an efficient and effective means of controlling swelling and pain post operatively and helps avoid dependency on pain medication. You should be contacted by the hospital vendor for rental information including cost.

Driving Restriction

- Left leg surgery: 1 week for automatic cars, 3-6 weeks for manual transmission cars
- Right leg surgery: 6-8 weeks