

# Partial Knee Replacement



## RECOVERY PROGRESSION

- **Outpatient surgery** with a nerve block
- Surgery time = 1.5 hours
- **Activity- Crutches or walker for balance.** No brace. No motion or weight bearing restrictions.
- **Physical Therapy** -Starts immediately after surgery
  - Outpatient PT 1-2x week for approximately 3 months
- **Restrictions-**
  - Return to Office Work- 1-2 weeks
  - Doing most activities of daily living and most work - 4-6 weeks
  - Full range of motion and begin strengthening and sport - 3-4 months
- **Postoperative Visits-**
  - 2 weeks- staples out and review surgery and xrays
  - 6 weeks- check range of motion
  - 3 months- ensure full range of motion and normal walking