KNEE ARTHROSCOPY POST-OP REHABILITATION PROTOCOL**

The following is a protocol for postoperative patients following a knee arthroscopy. The primary goal of this protocol is to protect the knee while steadily progressing towards and ultimately achieving pre-injury level of activity. Please note this protocol is a guideline. Patients with additional surgery will progress at different rates. Achieving the criteria of each phase should be emphasized more than the approximate duration. If a patient should develop an increase in pain or swelling or decrease in motion at any time, activity should be decreased until problems are resolved.

**PHASE I: 1-7 DAYS POSTOPERATIVE**

GOALS:
- Pain and swelling controlled
- ROM 0-90 degrees

TED Hose – Continue until swelling resolved

EXERCISES:
- Patellar mobilization as needed (teach patient)
- Calf pumping AAROM, AROM, heel slides as tolerated
- Quad sets (ESTIM as needed if patient has difficulty initiating a quad contraction)
- Short Arc Quads (0-30 degrees)
- Straight leg raise (SLR) x 4 directions
- Mini squats 0-45 degrees with upper extremity support (table; parallel bars; suspension training systems
- Hamstring activation: Bridging, standing, with out resistance
- Double leg heel raises Stationary bike for range of motion
- LE Stretches – HS, Hip Flexors, ITB, gastroc, etc.
- Cold therapy with knee elevated and in full extension after exercise

**PHASE II: ~1-3 WEEKS POSTOPERATIVE**

GOALS:
- Full ROM and Normal gait

TED Hose – Continue until swelling resolved

AMBULATION AND BRACE USE: wean from assistive devices

EXERCISES:
- Continue appropriate previous exercises
- AAROM, AROM through full range
- Straight leg raise (SLR) x 4
- Add ankle weights when quad control is maintained
- Progress to standing with light resistance band
- Hip and core strengthening exercises
- Wall squats 0-60 degrees
- Leg press 0-60 degrees with light resistance
- Hamstring curls on weight machine with light resistance
- Forward, lateral and retro step exercise (UE support)
- Single leg heel raises
- Stationary bike – Progressive resistance and time

**PHASE III: ~3-6 WEEKS POSTOPERATIVE**

GOALS:
- Walk 2 miles at 15 min/mile pace
- Stair ambulation without pain or sensation of giving way

EXERCISES:
- Continue previous exercises with increased range and resistance as appropriate
- Forward, lateral and retro step exercises (med-large step)
- Hip weight machine x 4 bilaterally
- Knee extension weight machine
- Proprioceptive training: single leg balance (eyes open/closed); dynamic UE/LE movement; forgiving surfaces
- Fitter and Slide board
- Treadmill – Walking progression program
- Elliptical trainer
- Pool therapy (complete wound closure)

**PHASE IV: ~6-10 WEEKS POSTOPERATIVE**

GOALS:
- Return to all activities

EXERCISES:
- Continue appropriate previous exercises
- Agility drills / Plyometrics
- Stairmaster
- Treadmill – Running progression program
- Transition to home / gym program

**This protocol is designed to be administered by a licensed physical therapist and/or certified athletic trainer. Please do not hesitate to contact our office should you have any questions concerning the rehabilitation process.**