



# Knee Arthroscopy

## General Principles:

This protocol was designed to provide the rehabilitation professional with a guideline of postoperative care. It should be stressed that this is only a protocol and should not be a substitute for clinical decision making regarding a patient's progression. Actual progression should be individualized based upon your patient's physical examination, progress, and presence of any complications.

## PHASE I: (Immediate Post-Op)

### Week 1

#### Orthotics-

1. Knee immobilizer at all times except on **Day 1** for exercises and modalities
2. Discontinue knee immobilizer as tolerated. May use at night if needed to maintain extension
3. Use compression wrap as needed for edema/effusion control

#### Weight Bearing-

1. Partial progressing to full weight bearing as tolerated
2. May discontinue crutches/assistive device when gait is normal

#### Modalities (PRN)-

1. Ice, Electrical Stimulation
2. Compression and elevation as needed for control of pain and swelling
3. Ice for 10-20 minutes following exercises throughout protocol
4. May use Electrical stimulation if needed to assist with Quad firing

#### ROM-

1. Progress active and passive ROM as tolerated

#### Exercises-

1. Quad Sets, Hamstring Sets
2. Straight Leg Raises (All planes)
3. Heel Slides, Wall Slides
4. Hamstring Stretching, Prone Hangs
5. Closed-chain strengthening (When weight bearing allows)
  - a. Mini-squats, step ups, Shuttle
6. Stationary Bike, Nu Step
7. Single leg balancing / proprioceptive exercises

## PHASE II: (Strengthening)

### Week 2

#### Modalities (PRN)-

1. Continue only as needed

#### ROM-

1. Active and passive ROM progressing to full as tolerated



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## Exercises-

1. May initiate Elliptical runner
2. Isotonic Quad and Hamstring strengthening
  - a. Short arc, progress to full arc
3. Start Isokinetics
  - a. 240 to 300 degrees/second
  - b. Limit extension initially
  - c. Monitor Patella-femoral precautions
4. May initiate straight-ahead jogging with no pain or swelling

## **PHASE III: (Advanced Strengthening)**

### **Week 3-4**

#### Modalities (PRN)-

1. Continue only as needed

#### ROM-

1. Active and passive ROM progressing to full as tolerated

#### Exercises-

1. May initiate light plyometrics and functional sport/work activities
  - a. Interval running and Interval Golf programs
2. Progress to Bounding on the shuttle
3. Isokinetics (180-300 degrees/second) through full arc
4. Isokinetic Test at 180, 240, and 300 degrees/second for MD review for full release to sport activity