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ORTHOPEDIC SURGERY AND SPORTS MEDICINE

Knee Arthroscopy Physical Therapy Rehab Protocol

To include debridement, meniscectomy, chondroplasty, lateral release but NOT meniscal repair, microfracture or chondral repair

Short version: Advance activity as tolerated

PHASE I: 1-7 DAYS POSTOPERATIVE

GOALS:

- Pain and swelling controlled
- ROM 0-90 degrees

TED Hose – If have them: remove when swelling improved and ambulation normalized

AMBULATION AND BRACE USE:

Crutches – weight bearing as tolerate (WBAT) Most do not need crutches

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 without 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
- 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
- Stair ambulation

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